

THE SEASON'S BEST CIDERS, WATCHES & BBQ SAUCE

AUGUST 2015 £3.99

# FHM

# 31

**GREAT  
BOOKS**

**ALL MEN  
MUST READ**

**HALLELUJAH!  
IT'S THE  
SUMMER  
ISSUE**

**STARRING  
ANASTASIA  
ASHLEY**

**WORLD'S  
HOTTEST  
SURFER**

**FHM  
INVESTIGATES  
THE BRITISH  
SOLDIER WHO  
TOOK ON ISIS**

**STYLE  
ESSENTIALS  
COOL LOOKS  
for  
HOT NIGHTS**

**+  
SHOOTING  
CLAY WITH  
SOL CAMPBELL**





  
**Boxfresh®**



**Boxfresh.com**   



# CHALLENGE YOURSELF

## #308



**ANASTASIA ASHLEY**  
SHOT FOR FHM BY  
CHRIS FORTUNA

### ED'S LETTER

Despite *FHM*'s mantra being It's Great To Be A Man, we'll readily admit we often bring you some pretty challenging stories. This month is no different. *FHM* chief writer, Matt Blake, met the parents of a Royal Marine killed fighting Isis in Syria. Kosta Scurfield, on seeing the humanitarian crisis in the Middle East, set off to join the Kurdish militia. It's a desperately sad story, but one that also leaves you feeling hopeful. It's about bravery, self-sacrifice and standing up against oppression.

I hope that Matt's feature – and the considerably lighter ones in this issue, like Summer's Greatest Jobs (p84) – inspire you, not to take up arms, but to pursue what you believe in. That's *FHM*'s mission: to celebrate that it is great to be a man, while giving you a leg-up to achieve more if you want to.

For me, though, that mission is over. I'm moving on from *FHM*, giving myself a fresh challenge. A huge thanks to everyone – especially you, the readers – who've made the last four years such a huge pleasure.

**Joe Barnes, editor**



**LIKE GIRLS, PIZZA AND MAGIC?**  
**SUBSCRIBE TO OUR RATHER BRILLIANT YOUTUBE CHANNEL**  
**Go to: [youtube.com/FHM](https://youtube.com/FHM)**



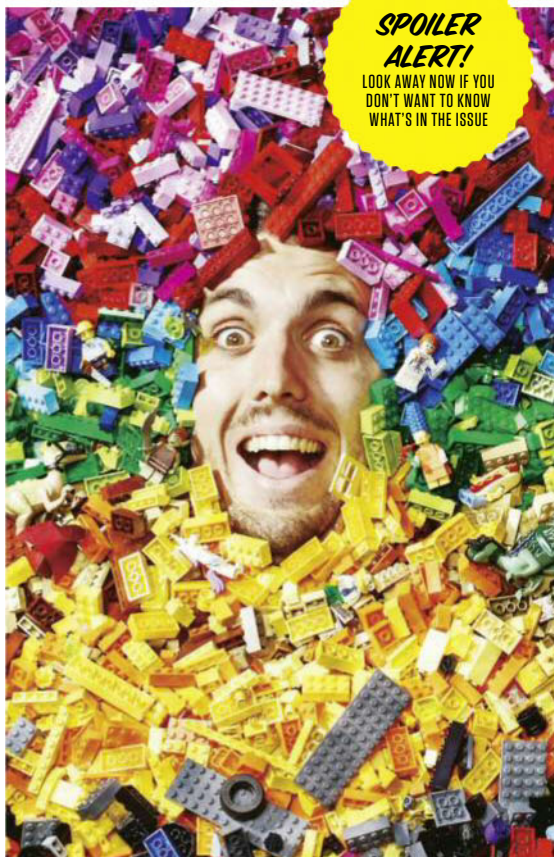
**Lion attack p144**



**Rosie Mac p14**



**Inside Aardman p92**



**SPOILER ALERT!**  
LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE

**Lego madness p24**



**Game of drones p128**



**British adventures p120**



**Hero: Sol Campbell p44**

## ACCESS

### 14 WOULD WIFE: ROSIE MAC

Bow down to the lady whose job it is to make *Game Of Thrones* extra badass and even sexier.

### 38 TREAT YOUR MEAT

Even if your BBQ is crammed with delicious eats, it's no pro cookout without these 16 essential condiments.

## FEATURES

### 58 THE 31 BEST BOOKS FOR MEN

Need some life guidance? Everything a man needs to know can be found between the covers of these paperbacks.

### 66 RUN TO THE SUN

Tear off your trousers and slap on the sunscreen – the world's sexiest surfer, Anastasia Ashley, is

waiting to give you a lesson in getting totally beach ready.

### 84 GREATEST SUMMER JOBS

These men make more than hay while the sun shines...

### 92 INSIDE AARDMAN

*FHM* travelled to Bristol to meet the people behind Wallace and Gromit.

## UPGRADE

### 120 GREAT BRITISH ADVENTURES

Upgrade your weekends and your survival skills with the help of Britain's ballsiest explorer.

### 128 MASTER THE GAME OF DRONES

Arm yourself against the inevitable robot apocalypse with our guide to the best quadcopters out there.







# THE TEAM

## WHAT FHMERS HAVE BEEN UP TO THIS MONTH

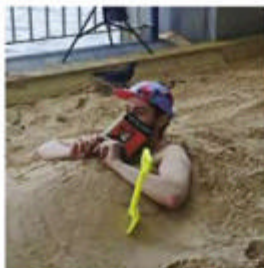
### WE LOST IN STYLE

Everybody knows that having an ace pair of football boots is far more important than scoring goals or actually winning a match, right? So cheers to JD Sports, who ensured that we looked proper swish on our trip to play at Arsenal's Emirates Stadium (well, as swish as you can look after two 5-0 defeats).



### WE BULLIED THE NEW KID

Have a look at our new art assistant Tom, regretting every life decision he has ever made leading up to this point. How did he come to find himself buried deep in the syringe-laden sands of London's fabulous Southbank? Is this almost definitely against UK labour laws? Turn to page 58 to find out.



### WE LOST A GOOD'UN

What will we miss most about former Deputy Editor Joe? It's hard to know. His mischievous smile? His massive, hairy brain? Or maybe his vast collection of wacky hats, which have inspired endless amounts of laughter over his three glorious years at *FHM*? All we know is that we're gutted to wave goodbye to the great man.

### WE GOT TANNED

Fashion editor Daisy and deputy fashion editor Carlotta assured us it was imperative that their latest photoshoot take place on the sandy shores of Ibiza, and who were we to argue? Cheers to Ushuaia for putting them up, and Amnesia and Café Mambo for the well-deserved week-long hangovers that followed.



**FHM**  
IT'S GREAT TO BE A MAN

**Editor** Joe Barnes  
**Art Director** Will Jack  
**Production Editor** Sarah Wolfe  
**Editorial Director** Chris Sayer  
**Acting Picture Editor** Mandy Rowson  
**Acting Features Editor** Anthony Teasdale  
**Acting Upgrade Editor** Tom Ward  
**Fashion Editor** Daisy Deane  
**Deputy Art Editor** Jamie Inglis  
**Deputy Fashion Editor** Carlotta Constant  
**Chief Writer** Matt Blake  
**Web Editor** Elizabeth Atkin  
**Social Media Editor** Nick Pope  
**Art Assistant** Tom Morgan  
**Picture Desk Assistant** Harry Grindrod  
**Motoring Editor** Conor McNicholas  
**Email us:** [name.surname@fhm.com](mailto:name.surname@fhm.com)

### With a little help from...

Ben Scott, Ben Olsen, Sheree Fadil, Chris Weedon, Tim Hudson-Price, Angelo Mitakos, Rio Beadie, Emily Darrell

If you're interested in doing work experience at *FHM* HQ, visit [gothinkbig.co.uk](http://gothinkbig.co.uk)

### FHM is topped up with adverts by...

**Ad Hotline (020 7295 5000)**  
**Group MD Advertising** Richard Dunmall  
**Head of Creative & Brand Solutions** Clare Chamberlain  
**Head of Marketplace** Simon Kilby  
**Group Brand Director** Hannah Preston  
**Film Account Director** Liz Harriott  
**Creative Solutions Manager** Rick Williams  
**Fashion Manager** Lily Richardson  
**Senior Sales Executive** Kate Barker  
**Sales Executive** Adam Elmore  
**Creative Solutions Executive** Danny Crutchley  
**Classified Sales Executive** James Horne  
**Classified Sales Manager** Karen Gardiner  
**Inserts Manager** Simon Buckenham  
**Ad Production Manager** Helen Mear  
**Creative Solutions Senior Producer** Jennie Mitchener  
**Creative Solutions Art Director** Jon Creswell

### FHM is called into meetings by...

**Bauer Media CEO** Paul Keenan  
**Group Managing Director** Abby Carvosso  
**Publisher** Gareth Cherriman  
**Business Analyst** Sapna Raja  
**Head of Communications PR** Jess Blake  
**Head of Marketing** Simon Doggett  
**Marketing Executive** Alex Penge  
**Circulation & Trade Marketing** Gareth Viggers  
**Production Manager** Andrew Stafford

### FHM is taken on its travels by...

**International Publisher** Gareth Cherriman  
**International Content Executive** Kam Sekhon

To make sure you don't miss an issue and for the best subscription offers, visit [greatmagazines.co.uk](http://greatmagazines.co.uk). For subscription or back issue queries, please contact CDS Global on [bauer@subscription.co.uk](mailto:bauer@subscription.co.uk); +44 (0)1858 438884 (UK and overseas). Cost from landlines for 01 numbers are (approximate) 2p to 10p. Costs from mobiles are (approximate) 10p to 40p. Costs vary depending on geographical location in the UK. You may get free calls to some numbers as part of your package – please check with your provider.

**COMPLAINTS:** Bauer Consumer Media Limited is a member of the Independent Press Standards Organisation ([www.ipso.co.uk](http://www.ipso.co.uk)) and endeavours to respond to and resolve your concerns quickly. Our Editorial Complaints Policy (including full details of how to contact us about editorial complaints and IPSO's contact details) can be found at [www.bauermediacomplaints.co.uk](http://www.bauermediacomplaints.co.uk). Our e-mail address for editorial complaints covered by the Editorial Complaints Policy is

[complaints@bauermedia.co.uk](mailto:complaints@bauermedia.co.uk). Company information is Bauer Consumer Media Ltd, whose registered office is at 1 Lincoln Court, Lincoln Road, Peterborough, PE1 2RF. Registered in England and Wales company number 01176085, VAT no. 918 5617 01.

*FHM* ISSN 0966-0933 is published 12 times a year by Bauer Consumer Media Ltd Airfreight and mailed in the USA by agent Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Jamaica NY 11431. US Postmaster: send address changes to *FHM*, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at Bauer Media Subscriptions, CDS Global, Tower House, Sovereign Park, Lathkill Street, Market Harborough, Leicester, LE16 9EF, United Kingdom. Air Business Ltd is acting as our mailing agent.



Almost 300 years ago our family  
began brewing beer in Lieshout,  
Holland.

Nothing's changed.



Family Owned. Independent Since 1719.

[bavaria1719.co.uk](http://bavaria1719.co.uk)  
#bavaria1719



drinkaware





*Next month*

WE'RE GOING

BACK

TO THE

90s

6 AUGUST



# Be Loyal To Your Skin

All our products are purpose built for men and packed with amazing natural ingredients that really work.

Bulldog is man's best friend.

[meetthebulldog.com](http://meetthebulldog.com)





# LETTERS 08/15

Get in touch!

letters@fhm.com  
Text 07801 106410  
facebook.com/fhm  
@fhm #fhm  
@fhmagram #fhm

## Collect cool stuff

While the wife was out recently I spent three hours emptying the loft and found I have more or less every edition of *FHM* from No 78 onwards. Obviously *FHM* continues to be worth the trip to the shops once a month. Keep up the good work, and if this photo makes it to the letters page, I can prove a few colleagues in the office wrong!

**Duncan, via email**

*Well shucks, Duncan. We'd like to say flattery gets you nowhere, but that's untrue. We hope you enjoy your prize.*

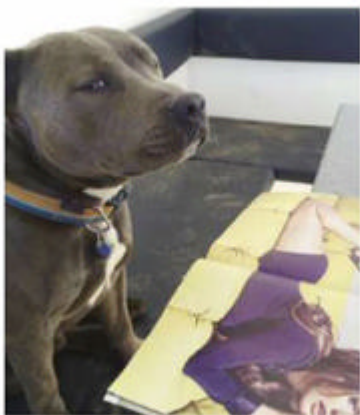
Letter  
of the  
month



## Puzzled pooch

Imagine my surprise when I went into the cabin on site at work and caught my dog reading the *FHM* 100 Sexiest. He clearly wasn't impressed with the news Kelly Brook only just scraped into the top 10!

**Scott, via email**



## Girlie gear

My friends have been saying for years that I dress like a girl: pink shirts, tight jeans, duffed hoodies – and I've got some great bags, too. I see now I should live in a trendy city like Copenhagen or New York, then I'd be respected – not laughed at. Sigh.

**Justin, via email**



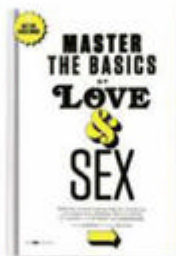
## Rude awakening

I could have done with your advice about impressing a lady's dad a long time ago. The first time I met my

girlfriend's parents, we were staying at a country hotel. I got a little drunk and in the night I went downstairs to ask for headache pills. I came back upstairs and got into bed – only to find I was rubbing shoulders with my startled in-laws. That was six years ago and they still see me as some sort of buffoon.

**Alan, via email**

*We're sure they don't, Alan. At least they remember to lock their doors now. You're a hero.*



## Up a creek

The weather's been so good lately that I decided to call in sick and go kayaking. I didn't get very far, though – I got a bit distracted!

**Rory, via email**

*No wonder you got bored – you're meant to put those things in the water. You'll just have to pull another sickie to compensate.*



## A boxer responds

I'm the winning boxer from last month's journeyman feature and in my opinion it's harder being a ticket seller like me. I have full respect for those guys but ultimately they turn up and get paid – if I don't sell enough tickets, I don't get anything! Journeymen always get their dollar – but at the end of the day it's the sport I love.

**Joey Hayes, via Twitter**

## Against all odds

As a journeyman boxer, Frank Greaves drives hundreds of miles to fight younger, bigger boxers for cash knowing full well that his chances of winning are next to nothing. I guess that makes me a journeyman poker player. I travel to casinos knowing full well I'll lose – but I end up out of pocket. Not fair.

**Luke, via email**

*To be fair, at least there's no chance the croupier's going to break your jaw at the end of it all – unless that's the reason you have to keep going to different casinos, in which case we'd rather not know.*

## Sarnie solution

Know that saying, praise where praise is due? Well I need to pour praise on you for solving the mystery of the soggy sandwich. All these years I've put up with mushy bread on my favourite sarnies. But thanks to your good advice in 'Supercharge your packed lunch', I now place it in a paper bag and – hey presto! No more soggy bread. It really was that simple.

**Rick, via email**



### FHMManFood of the month

Congrats to @TheBeltsander, who's won a crate of BrewDog Punk IPA and these words from resident FHM chef DJ BBQ: "Oh mercy me, would you take a look at this bone-tinglin' creature! A whole freakin' loaf of toasted ciabatta, packed to the brim with pastrami, pickled onions, garlic coleslaw, jalapeño jam and American mustard. I would shake your hand, but I'm sure you're too busy lofting this mean-ass monster around."

### SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram. Are you the king of crisp sandwiches? Did you make incredible pulled pork? Then show us with the hashtag #FHMManFood to enter.

Twitter: @fhm Instagram: @fhmagram

*Send us your letters...*

## WIN AN EVOLVE AUDIO SOUNDBAR AND HEADPHONES

**Got something really bloody insightful to say about the mag?**

We've got our hands on a Evolve Audio soundbar, and we want to give it away to one

of you glorious people. The SB-2501 soundbar provides room-rattling audio power to any TV, and will lend itself nicely to any gadget-packed man cave.

All you've got to do is send us your letter (with a picture if you can) via one of the ways on the previous page and the sound bar could be yours!





# DISCOVER OUR ROOTS

for the facts [drinkaware.co.uk](http://drinkaware.co.uk)

**ROOT56** | MIX JÄGERMEISTER  
WITH GINGER BEER



The origins of Jägermeister can be traced back over 80 years to the small town of Wolfenbüttel, Germany. Since production began here, ginger root has been a key ingredient in our complex blend of 56 herbs and spices. Which is, of course, why Jägermeister goes so naturally with ginger beer – especially served with ice, lime and cucumber. We call it a Root56. A celebration of our deepest bonds, and a worthy accompaniment to yours.



Jägermeister

**IT  
RUNS  
DEEP**



AUGUST 2015

# ACCESS

**IT'S  
GREAT  
TO BE  
A MAN**

EDITED BY CHRIS SAYER

**WHO  
SHE?**

**Age:** 18

**Born:** Newcastle

**Likes:**

Fish and chips,  
Cornish pasties,  
dragons

**Instagram:**

@rosiemacc





ACCESS

# DOUBLE TAKE

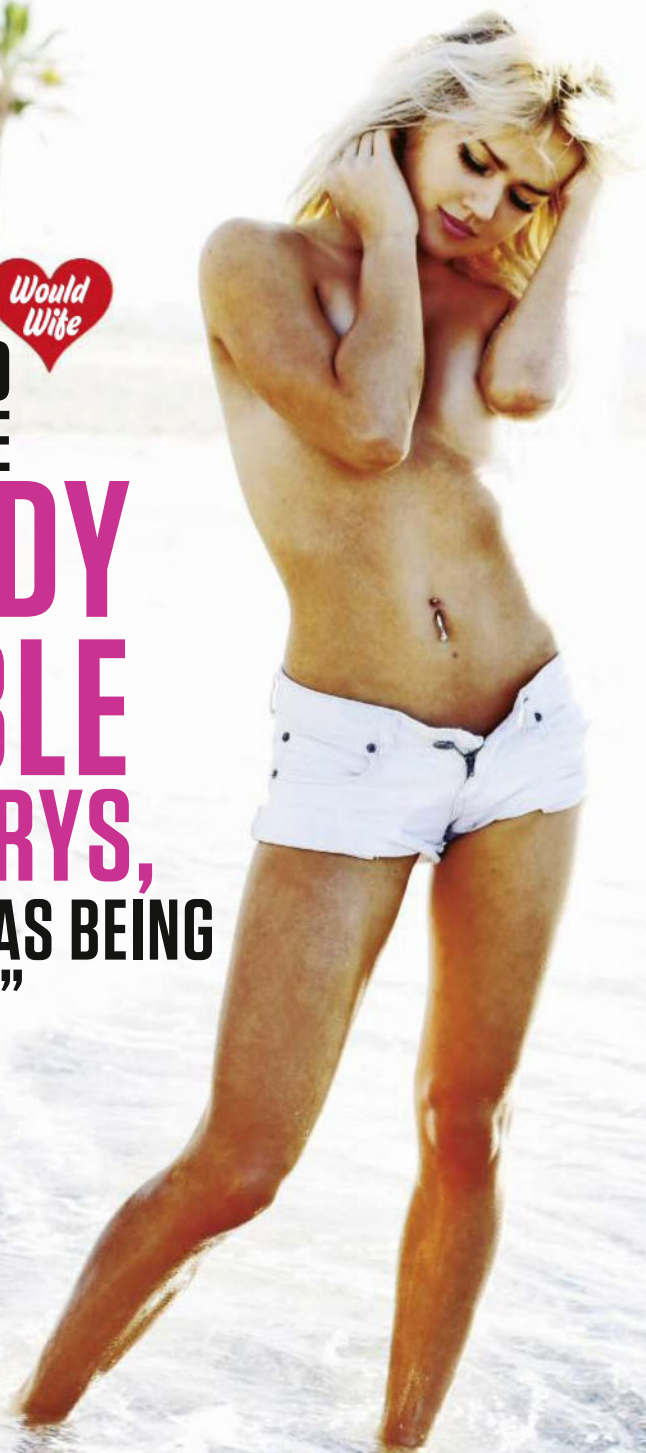
Spoiler alert: you're about to discover a new lady crush in your favourite TV show...



ACCESS



**"WHEN HBO ASKED  
ME TO BE THE  
BODY  
DOUBLE  
FOR DAENERYS,  
I THOUGHT I WAS BEING  
PRANK CALLED"**





**R**osie Mac's name may not ring any bells, but you've almost definitely spent a number of cosy evenings in with her already. Why? Because if you're one of the millions of telly-box watchers who religiously tunes into *Game Of Thrones* (along with gazillions of wily downloading types), you'll have seen her petting dragons, crushing cities and looking unbearably pretty as Daenerys Targaryen. And she's got a selfie to thank for landing her the role of a lifetime.

The 18-year-old Newcastle-born beauty is the super-fit body double for the Mother of Dragons on, you know, only the biggest TV show in the world. And when Rosie isn't busy helping Emilia Clarke look badass, she's modelling, dancing in music videos for the likes of Mika and James Blunt, and running her own model agency. She's also a former world street-dance champion, and was ranked fourth best breakdancer on the planet...

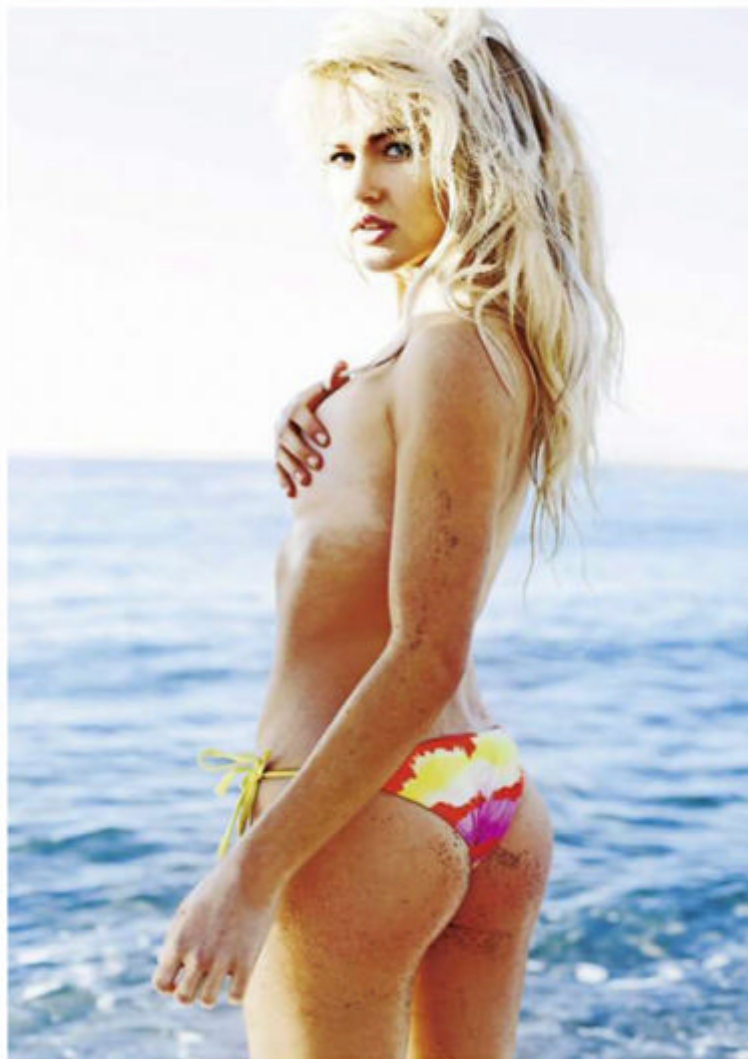
**Rosie, although you live in Spain, we can still call you one of our own, right?**

I was born in Newcastle and brought up in Cornwall until I was about 10, then I moved out here nine years ago. Now I eat Spanish food, watch TV in Spanish, read in Spanish – I even scream out Spanish words while I'm sleeping, so I must dream in Spanish! I feel more Spanish than I do English now, weirdly.

**Oh. Oh no. But there must be something you miss about your motherland?**

I do miss Cornish pasties. You can't get a good pasty in Spain. Or fish and chips. They can never get it quite right.

**Good. And, given your role as pale-faced Daenerys'**



**double, surely a suntan is the last thing you want?**

Well, it was hard when we were filming. At one point we were shooting in the middle of a bullring. It was boiling hot, so I had to have an umbrella on me 24/7. It is hard, but I get told what I'm doing a month before. **In case we fancy trying our luck, how would we land a job on *Game Of Thrones*?**

They did the casting out here, but I couldn't go to it as I had a big modelling job on. But then I got a call from my agent to say he'd sent a selfie to the

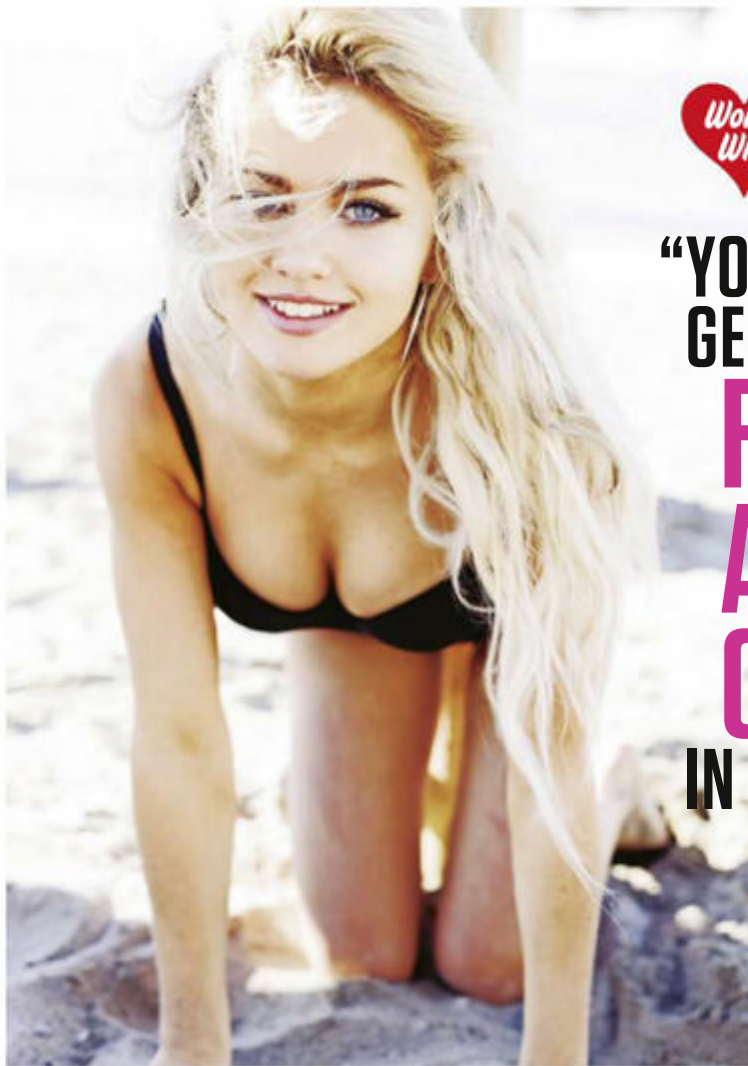
HBO directors. They asked me for my measurements and then just said, "Yep, we want you as the Daenerys double." I thought it was a prank call – I was like, "Shut up."

**Talk us through a day in the life of a double...**

It's a bit of everything, really. There's quite a lot of waiting around. I hang out with all the other body doubles and we have a right laugh – we have beatboxing competitions.

**Do people ever mistake you for the real Daenerys?**

Yes! The director David Nutter »



**“YOU CANNOT  
GET GOOD  
FISH  
AND  
CHIPS  
IN SPAIN”**

grabbed my shoulder and said, “Come on Emilia, we have to go.” I was like, “Um, it’s me.”

**You’re also a crazy talented dancer. What might we have seen you in?**

I’ve just been in the video for the new Mr Probz and Armin van Buuren song, *Another You*. I was sitting with Armin and I mentioned I was Daenerys’ body double. He started saying, ‘Hail the Queen! Hail the Queen!’

**You’re a singer, too. What’s your musical style?**

I’ve got a very low voice – not your typical girlie voice. I sound like Ed Sheeran. I do love to

sing, but acting is my real goal.

**Go on then: what would be your dream role?**

Oh, I’m not sure. Maybe if they made another *Harry Potter*...

**As Harry, yeah?**

[Laughs] Harry’s body double! I don’t know, maybe I could be Hermione’s crazy sister.

**It doesn’t sound like you have much of it, but how do you spend your free time?**

I go horse riding, dance, go to the beach – I love swimming in the sea. I also sleep a lot! I love to watch really scary movies – oh, and I sometimes watch myself on TV, too. **FHM**



LET'S  
GO...



# I GO FOR STYLE AND PERFORMANCE

**SUPER 8**  
**FROM ONLY £1,599**

- Sports Scooter
- 50 & 125cc
- 2 Stroke & 4 Stroke
- **Now with subsidised insurance †**

RIDE AWAY  
WITH A **£99**  
DEPOSIT\*



**Whatever you're looking for in a scooter, go for KYMCO!**

To find your local KYMCO dealer visit: **kymco.co.uk** or call: **01743 761107**

\*Kymco Finance is only available through Black Horse Ltd, St William House, Tresillian Terrace, Cardiff, CF10 5BH. Finance is subject to status. Terms and conditions apply. Please see website for full details.

† Subject to terms and conditions.

# HOW I DID IT...

## ROBBIE MADDISON, 33, RECORD-BREAKING FMX MOTORCYCLE STUNT RIDER

**I've wanted to be Evel Knievel since I was old enough to ride.** All I ever wanted was to be a world-renowned motorcycle rider.

**I got into some pretty shady shit as a teenager.** Growing up in Australia, I was hanging out with guys who were going nowhere. All we did was party and all the stuff that comes with that. I hit the bottom of the barrel before I realised life could be better.

**My dad saved me.** He was hard in a loving way. When I was 16, he kicked me out and said, "I'm not gonna wipe your arse for the rest of your life. Go and make it happen, son."

**At first I thought it was bullshit.** Then, one day, I was out of my mind at a motorbike event and I thought, "Why the fuck am I hanging out with these losers?"

**The next day I bought a motorbike.** And instead of going out and getting wasted at the weekend, I got up early to practise on my bike. From that day I started having fun.

**The first thing I ever jumped was a football field.** When I did it I started to believe in my dream for the first time. Before I knew it I was backflipping over Tower Bridge.

**My mates call me Maddo.** It's because of my surname, but it's also because they think I'm a crazy bastard. They're right.

**Being Daniel Craig's stuntman in *Skyfall* was gnarly.** There can't be many people who can say they've driven a bike at full speed over the Grand Bazaar in Istanbul.

**Dream wild.** That's really what I'm doing, making all these daydreams and big ideas I have a reality, bringing them to life.

**The one thing I'd like to jump before I die?** The Grand Canyon. I mean, you can fly from the UK to LA non-stop, so I'm sure jumping over that little thing isn't too hard.

**I never wear red.** I used to have this red motorbike gear, and whenever I wore it I came home with concussion. When I moved to the US, my sponsor had a red kit and I decided to wear it. I rode better than I had ever ridden, but the next day I had a huge crash.

**I don't think when I'm in the air.** It's better to allow yourself to be consumed by the moment. The second you think about things, they start going wrong.

**Flying through the air with a bike between your legs is like no other feeling.**

The wind rushing over your face and neck, the bike beneath you. It's fucking gnarly. But you can't think about breaking records. If you do, you're doing it for the wrong reasons.

**I've got a foam pit the size of an Olympic swimming pool in my backyard.** The neighbours didn't know what to make of it... until they saw me doing backflips into it.

**The furthest I've ever jumped?** 394ft over San Diego Bay. Five seconds in the air. It felt like longer, especially as I saw the boats underneath me. I was like, "Hoooolly shiiiiit."

**The biggest mistake you can make is doing something risky when you're not ready.** You have to know you can do what you're about to do. If you don't, you can die.

**I've seen one of my best buddies die.** Before his jump he complained about the wind, light and ramp but he did it anyway. The universe was screaming at him not to jump.

**Be accountable when anything goes wrong.** Learn from your mistakes.

**Face your fears, live your dreams.** That's my motto.

On Any Sunday: The Next Chapter, brought to you by Red Bull Media House and Skullcandy, is available on iTunes. For more information, go to [onanysundayfilm.com](http://onanysundayfilm.com)







It's not all been downhill for Robbie

## The big question

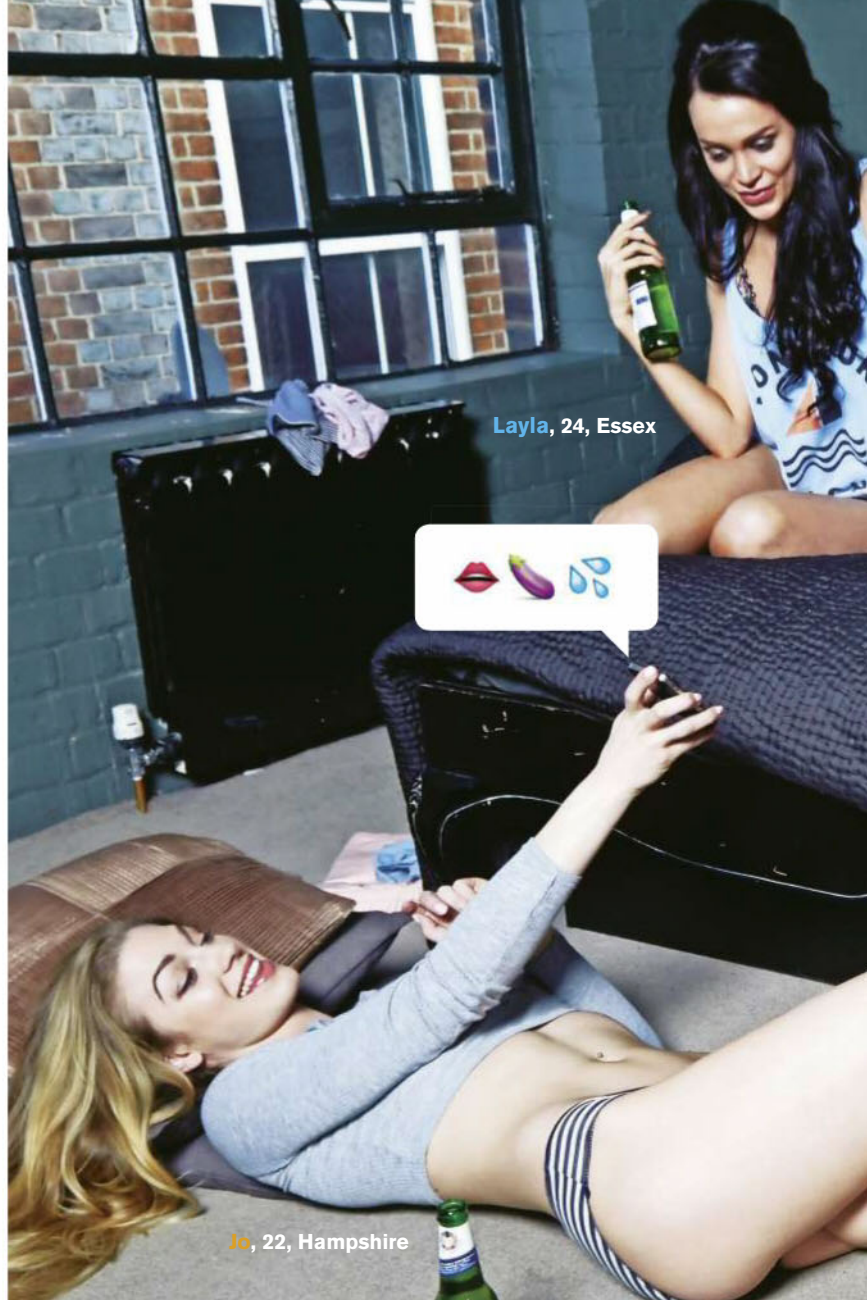
# HAVE I GOT 'FRIENDS WITH BENEFITS' ALL WRONG?

You've been breaking all her rules about pal-on-pal casual sex...

➔ It doesn't take the bonce of Professor Brian Cox to work out why, according to a recent government-funded poll, a whopping one third of all under-forties enjoy casual sex with a friend.

Experimental, exciting and damn good naked fumbles with a girl you like, without the 'in a relationship' spats about leaving your damp towel on the bed *again*? It sounds like the stuff dreams are made of. Sexy, sexy dreams.

But before you run headfirst into your phonebook and dial up your hottest girl mate for a touch of the good stuff, know this – there's a whole load of unwritten laws you *must* abide by to make it work, all of which are there to stop the both of you ending up loved-up emotional wrecks. We'll let three of *FHM*'s beautiful friends explain...



Layla, 24, Essex

Jo, 22, Hampshire

### THE BURNING QUESTIONS

#### What does 'friends with benefits' mean to you?

**Jo:** It's a good friend that you have sex with, no strings attached.

**Layla:** I see it as a friend who you can practise your moves on. The key is not getting attached. Don't have sex every day: use it like a spicy treat.

**Lana:** Honesty makes it work, then you know where you both stand. "I've had a really shit day, do you want to

fuck?" or "I've just been sat over the wheel of the bus and need to get jiggy." What? Nobody else had that?

#### What's your experience of friends with benefits?

**Layla:** It worked too well, if you know what I mean. We had sex too much, and it became official. We grew fond of each other. It easily happens.

#### Any tips on making sure you don't get attached?

**Lana:** I said, "Thanks for the sex"



Lana, 25, Dorset

↓  
FOR THE  
FULL VIDEO,  
CHECK OUT  
**FHM.COM**



PHOTOGRAPHY: MARSHALL JAMES. STYLING: HAVLEY FORBSTER. HAIR AND MAKE-UP: CHARLOTTE GASKELL AND ROSE ANNA LARNER. MODELS: LANA PARKER AT GIRL MANAGEMENT; JO PARKER AT GIRL MANAGEMENT; LAYLA AT MM

once. Oh, and it sounds stupid, but a high five is a really good way to keep it light-hearted. Trust me.

**What sort of person makes a good FWB?**

**Jo:** Not the sort of person you daydream about, but someone you could have a great night out with and feel good about getting off with.

**Lana:** If you think about them when you're horny, that's a good sign.

**How should a guy ask a girl**

**if she'll be his FWB?**

**Layla:** Again, just be honest!

**Lana:** Be blunt and just come out with it. Don't send a dick pic, though.

**Can you have more than one friend with benefits?**

**Jo:** One is healthy. Any more just gets too difficult.

**Layla:** But what if you find another person you want to hook up with?

**Lana:** You drop one. There are no strings. It should be emotionless.

**Layla:** It's not that easy, though.

You've probably had amazing sex, so giving it up is tough!

**Jo:** Just make it a threesome.

**Is there anything FWBs can do that loved-up couples can't?**

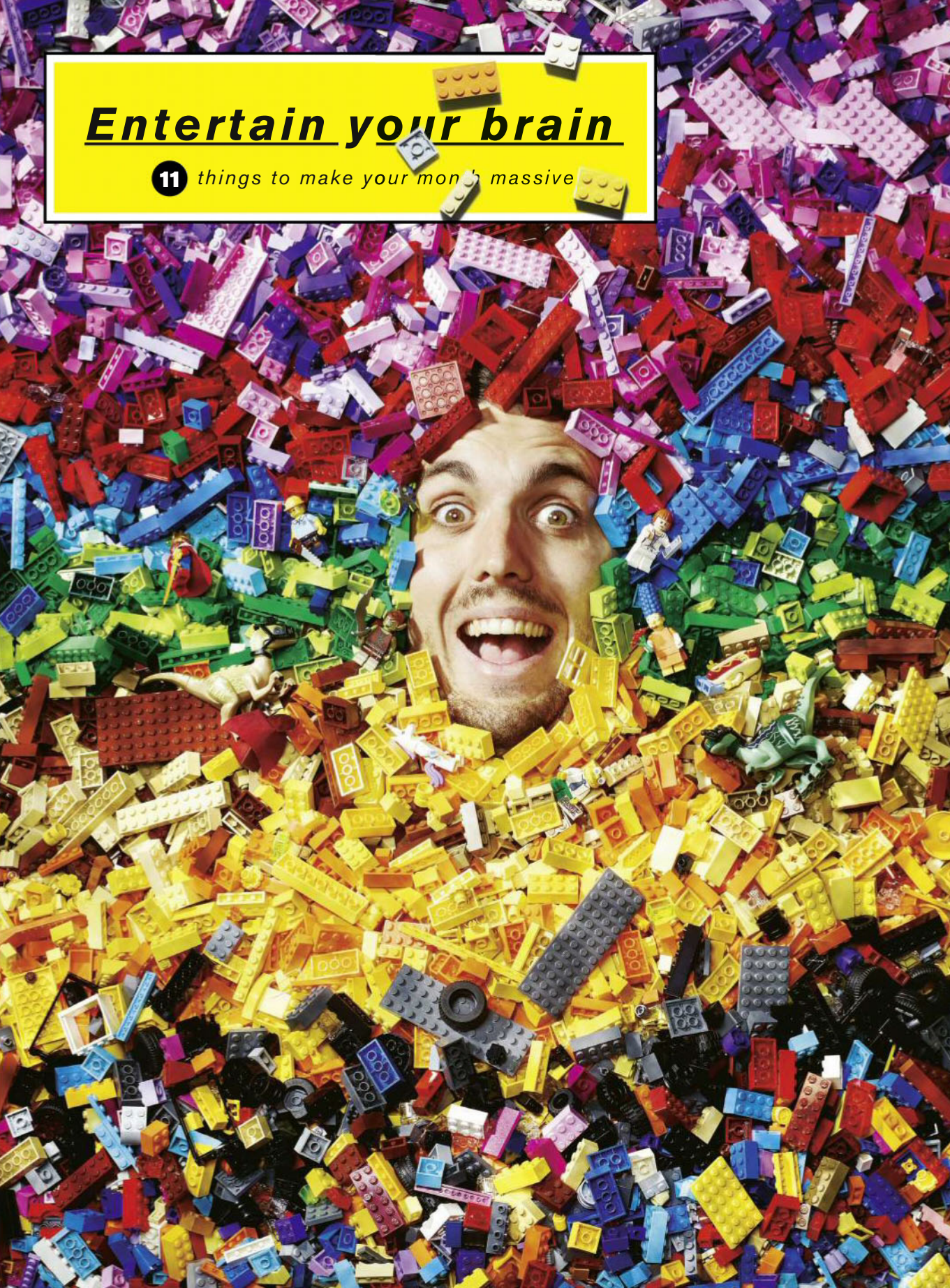
**Jo:** They definitely *can't* say 'I love you'. Hugging after sex is a huge no.

**Lana:** But you can be much more experimental with positions, because you won't feel embarrassed if you mess up. That's the best kind of sex.



# **Entertain your brain**

**11** *things to make your month massive*





# 01

Build it

# Look into your soul with Lego

What a month to be a yellow plastic man. Not only is everyone's favourite 4cm-tall hero running for his tiny life in a *Jurassic World* spin-off game (out now), but incredible doc *A Lego Brickumentary* seeks to answer one burning question: are these colourful blocks more than just a toy? The answer, clearly, is yes. And we can prove it. We grabbed some bricks and challenged *FHM* staffers to build what the heck they felt like, then gave them to psychologist Dr Sandra L Wheatley to assess our questionable mental states...



**Jamie Inglis**  
**Deputy art editor**

**Creation:** "Anatomically correct sexually interlocking male and female"

**Psyche assessment:** "Exactly what you'd expect a teenager to make – two shagging people. Not to be sneered at though – those who follow the crowd are often the happiest."



**Sarah Wolfe**  
**Production editor**

**Creation:** "A house"

**Psyche assessment:** "A house with an open door? Sarah is an open box. It's a humble home rather than a palace, but all good things come in small packages right, Sarah?"



**Matt Blake**  
**Chief writer**

**Creation:** "A chameleon" [made using instructions]

**Psyche assessment:** "Matt is a calm guy. He's most comfortable when he feels he is correct. Chameleons don't stand out from the crowd – Matt clearly prefers to be the same."



**Carlotta Constant**  
**Deputy fashion editor**

**Creation:** "A pink princess castle"

**Psyche assessment:** "The colours show a fixation on fairy tales. Carlotta is a passive dreamer waiting to be rescued from the humdrum of life."



**Chris Sayer**  
**Editorial director**

**Creation:** "A monochrome jeep thing"

**Psyche assessment:** "Chris likes to get around, and to look cool while doing so. The white indicates a desire to appear truthful, although the reality may be different."



**Nick Pope**  
**Social media editor**

**Creation:** "A big multi-coloured penis"

**Psyche assessment:** "Er, right then. Size isn't everything. Oh, and drawing attention to your member by making it multi-coloured is not particularly attractive."



**Tom Morgan**  
**Art assistant**

**Creation:** "A green frog with moving legs"

**Psyche assessment:** "Tom is a prince waiting to be kissed. The moving legs tell me he's ready to jump on any passing female."

02

Film hero

# Dissect the appeal of Paul Rudd

● *Ant-Man* hits cinemas on 17 July, and on that day the world will watch a man shoot himself like a bullet at some bad guys before collectively saying: "Oh, yeah! It's that guy from that thing!"

Such is the essence of Paul Rudd: a kind of under-the-radar sideguy, celebrated as much for his actual acting as he is for his comic cameos. Here's why we love the guy...

10%

## GODDAMN HANDSOME

A few years ago a study found male and female versions of 'the perfect face'. The woman was a kind of almond-eyed Scarlett Johansson/Gwyneth Paltrow half-breed. The bloke was literally Paul Rudd. Like, science just took Paul Rudd's face, and declared it beautiful. Look at him.

5%

## RESPONSIBLE FOR CINEMA'S GREATEST GAG

"It's called Sex Panther," he says, "It's illegal in nine countries. They've done studies, you know: 60% of the time, it works every time." There is not a single universe where that isn't funny.

25%

## A VAMPIRE

Rudd must have sold his soul and kidneys to the devil or something, because he hasn't aged a day – not even a day – since his debut in 1995's *Clueless*. What are you doing to stay so young, Paul Rudd? Are you drinking the blood of sacrificial newborns? Because if so keep doing it: it's really working out.

20%

## GROSSLY UNDERRATED

In criminally under-watched 2001 movie *Wet Hot American Summer*, Rudd showed exactly how funny he could be once you cast him as something other than 'sidekick man' or 'fun husband'. In his best scene, he plays a teenager furiously and uselessly cleaning up a plate he just threw on the floor while sulking loudly at a camp counsellor. Trust: let Rudd loose to be silly and he's up there with the Will Ferrells of this world.

40%

## NICE GUY

You get the vibe from Paul Rudd that he would be really fun to have a beer with. Maybe that's because he plays 'dude you'd like to have a beer with' in loads of films: in *Knocked Up*, he was someone you'd quite like to have a beer with; in *The 40-Year-Old Virgin*, you would probably have a beer with him; in *This Is 40*, beer.



03

Cry babies

## Cry like Arnie



● You can catch the Austrian Oak twice this month: shooting shit up in *Terminator Genisys* (out now) and blubbing like a baby in *Maggie* (out 24 July). But the Governor isn't the only Hollywood hardnut to prove big men can cry, too...

### Sly Stallone

*First Blood* (1982)

**Tear trigger:** Fallen comrades, being really, really tired

### Jackie Chan

*City Hunter* (1993)

**Tear trigger:** Gets hits with a stick a lot

### Russell Crowe

*Gladiator* (2000)

**Tear trigger:** A dead family

### Bruce Willis

*The Whole Ten Yards* (2004)

**Tear trigger:** Gets drunk with Matthew Perry, talks about dad

**Jean Claude Van Damme**  
*JCVD* (2008)

**Tear trigger:** A dwindling career and relationship errors

### Jason Statham

*Hummingbird* (2013)

**Tear trigger:** Gets drunk, remembers killing people



**Panasonic**

# MASTERING THE MAGIC OF LIGHT



## BRINGING THE DIRECTOR'S VISION TO LIFE

We believe that light is magic. And our passion is mastering its power to create a 4K range with the widest, most vivid colour spectrum imaginable. Our CX802 series televisions with 4K Pro Studio Master technology can recreate the most nuanced shades from light to dark, delivering the incredible detail the film-maker imagined.

[panasonic.co.uk/4KPro](http://panasonic.co.uk/4KPro)



**4K** PRO  
STUDIO MASTER UHD

# THE FORMER COLLEGE DROPOUT SPEAKS!

**ON  
SALE  
NOW!**



\*Please note: Q's Shine On CD is rather good. But it is only available with the full price issue of the magazine and not with value-packed issues.

## EXCLUSIVE 10-PAGE KANYE INTERVIEW + FREE SUMMER CD!\*



# 04

Funny men

## Lose your shit with Key & Peele

● Yeah, you forgot about sketch comedy, didn't you? Because while the format was rinsed dry with the one-two punch of *Little Britain* and *The Catherine Tate Show*, the US has been quietly getting really good at it. And the exemplars of the format are Key & Peele, returning for their fifth season on Comedy Central.

Key & Peele are Keegan-Michael Key and Jordan Peele, two of the funniest men on the planet right now. Their sketch show is shot like a movie, slick in production to let the comedy come to the fore. And what comedy: in the right wig and with a close shave, Peele can play anything from Valley Girl Meegan to President Obama; thin and lithe, Key excels at barely controlled rage, like a dad about to have a heart attack because you keep leaving the lights on. Together they are a comedy superpower and,

crucially, their sketch show is smart: each episode is intersected with the two of them, playing themselves, having a long conversation about random stuff.

Sketches often descend into farce – in one, Text Confusion, Key threatens Peele with a baseball bat for a perceived WhatsApp slight; in Meegan's first sketch, her and her boyfriend fall dead in the desert after screaming their way out of a club. And they are legit over in the US, too: their Obama's Anger Translator character was played out earlier this year behind the real Obama at the White House Correspondents' Dinner.

Do yourself a favour: turn your phone off, get some pizza in, and jump down the Key & Peele rabbit hole for an hour. And put those *Little Britain* DVDs in the bin.

Watch Key & Peele clips on [comedycentral.co.uk](http://comedycentral.co.uk)

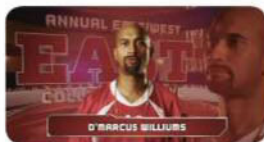
Essential in your brain  
August

You need these guys in your life



## Now, watch this

Essential Key & Peele viewings, right here...



**East/West College Bowl**  
If you get through this without losing it, you're a strong man.



**Substitute Teacher**  
A masterclass of barely contained rage from Key.



**Auction Block**  
Two slaves are outraged when nobody bids for their services.

05

Top music



## Make a rock pilgrimage with Saint Raymond

● It takes a lot for us here at *FHM* to admit we were wrong, but in the case of the new album from 20-year-old Callum Burrows, better known as singer-songwriter Saint Raymond, we most certainly were. We assumed his debut *Young Blood* (out now) would be filled with plinky-plonky ditties well suited to montages in *Made In Chelsea*. Instead, we got a massive contender for album of the summer, stacked with perfect pool party indie stonkers and a frankly beautiful piano track that got us right *there*, y'know? We caught up with the Nottingham lad by way of an apology...

**Jake Bugg, Sleaford Mods, and now you: Nottingham's doing all right for musicians. Where's best for a post-gig rockstar pint?** Rescue Rooms and Bodega, which double up as gig venues, are wicked. There's a cool place called Das Kino, which has table tennis in the back, and I always end up at Filthy's, which is a great bar to go to at the end of the night. There's a good little nightlife in Nottingham. **It's not all about the UK's only branch of Hooters, then?**

Ha ha. It's always like, "Nottingham? You've got Hooters!" Yeah, we do have other things too. I go there for chicken wings, though.

**We hear your mum's a bit of a Twitter celeb.**

She loves it! She's more active on it than me. When I last played in London it was her birthday, and the fans brought her actual gifts – it was crazy.

**Talking of crazy, a fan got your name tattooed on them recently.**

That stuff blows my mind. I was at the after-show party and the girl showed me – it was surreal. I've always seen people with band tattoos and stuff, but never thought that one day it'd be me. That's on there for life now. Amazing.

**You're a big wrestling fan. For those who last saw it in the days of Stone Cold Steve Austin, what's**

**happening with it?**

There's so many new people in it now, but they're still hanging on to the old school. You still have Triple H, and The Rock pops up whenever he has a film to plug. It's my guilty pleasure. People say it's fake, but it's my *Coronation Street*, you know what I mean?

**Did you turn your living room into a wrestling ring like the rest of us, growing up?**

I've got two older brothers and an older sister, and I used to be like, "No one's allowed in the living room until I'm finished." I had the belts, a WWE microphone, everything, and I'd wrestle this little PG Tips monkey. It used to get serious in there. I'd really go for it.

06

Big films

## Give in to her date night demands

● It's a bumper month for girlfriend-pleasing flicks, but before you feign blindness to get out of a trip to the cinema, here are three reasons your £25 tickets and £9 popcorn combos might be worth it...

**Magic Mike XXL**

**She wants to see it 'cos...**

Channing Tatum's 'package' is so hefty, the Royal Mail will need a signature to deliver it, if you know what we mean. (We're referring to his knob.)

**You'll want to see it 'cos...**

If the first one's anything to go by, it's actually likely to be packed full of pithy one-liners and genuine lolz. Just don't let your dad see you laughing.

**Paper Towns**

**She wants to see it 'cos...**

It's based on that totes amaze book she read on holiday last year – all about 'feelings' and with no beheadings in it. Also, Cara Delevingne.

**You'll want to see it 'cos...**

It's from the same people who made *The Fault In Our Stars*, which looked wetter than an otter's Speedos on paper, but ended up 'making your hayfever come back!'. Ahem.

**Minions**

**She wants to see it 'cos...**

You promised you'd see something a bit lighter after *Mad Max: Fury Road* made her hands shake for a week and gave you both night terrors.

**You'll want to see it 'cos...**

The cast really is the cat's slippers, what with Sandra Bullock, Jon Hamm, Steve Coogan and Michael Keaton lending their very excellent voices to the movie.



# 07

**Girl crush**

## Count the reasons you want to marry Cassie Scerbo

Well, somehow, *Sharknado 3: Oh Hell No!* has become a thing. The third installment of cinema's longest-running joke swirls its way on to telly screens in the US this month, but not all hope is lost. It means we get to stare at 25-year-old New Yorker Cassie Scerbo. We spoke to her and decided she was perfect girlfriend material...

### ***SHE LOVES... FOOTY***

"I played football for nine years. I helped win the Championship in my co-ed league and scored the winning goal. I have a lot of English exes, and one of them supported Chelsea. The latest one was a Tottenham fan, so he didn't like it when I sang all the Chelsea chants I'd learned."

### ***SHE LOVES... A BIKINI***

"Acting in a film called *Sharknado* is just not something you can pass up. The idea of running around bikini-clad with a shotgun? Hell yes, I wanted to do that."

### ***SHE LOVES... PIZZA***

"I swear pizza can cure anything. Pizza is my obsession and I feel like it's become a bit of a trend recently, which annoys me. It was my thing first!"

### ***SHE LOVES... HOMELAND***

"I was so upset when [massive spoiler removed] that I refused to believe it. I was like, 'No, no way did [massive spoiler removed].' I can't get over it."

Blocking a fire exit has never been so sexy

PROMOTION



# FHM

SINGLE GIRLS



FIND SOMEONE WHO STANDS OUT  
WITH FHM DATING

*Join now at [FHM.com/singlegirls](http://FHM.com/singlegirls)*



## 08

New read

## Pick up the biggest book of the year

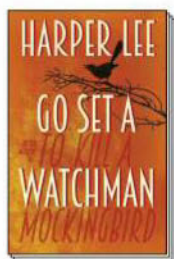
● In 2015, we're never more than 60 seconds from an unwanted sequel. And it's pretty clear why: the mega bucks. Just take *Fast*

& *Furious 7* (seven!), which, earlier this year, became the fourth highest-grossing film of *all time*. Seven!

Yet, in the predictable pop culture fug of part twos, there's a sequel dropping this month that has us feeling excited for all the right reasons. Just 55 years since GCSE staple *To Kill A Mockingbird* was first printed, 89-year-old author Harper Lee has returned with *Go Set A Watchman*.

Thankfully, this isn't a means for Lee to simply pay off a fat tax bill. Written in the mid-1950s, *Watchman* was the novel Lee first submitted to publishers before *Mockingbird* – and it features many of the same characters. So it's almost as if we're getting a new ending to one of the most famous books ever, rather than a re-up driven by dollar signs.

*Go Set A Watchman* is out 14 July (Harper Collins, £9)



## Learn the Tour De France lingo

● This month sees the world go bananas for a load of blokes with very sore bottoms. Sound like a proper velophile by learning these techy cycling terms...

### PELTON

That tightly packed group of riders at the front, cycling within a kitten's whisker of one another to save energy – and not just 'cos they like the smell of sweaty Lycra.

### LEADOUT

A line of team mates who take turns to set a fast pace at the front of the peloton so the main man can enjoy an insane burst of energy.

### HORS CATÉGORIE

Mountain climbs that are literally off the scale. Hills on the Tour are rated from one to four, with four being un-technically known as 'a right bastard of a hill'.

### ECHELON

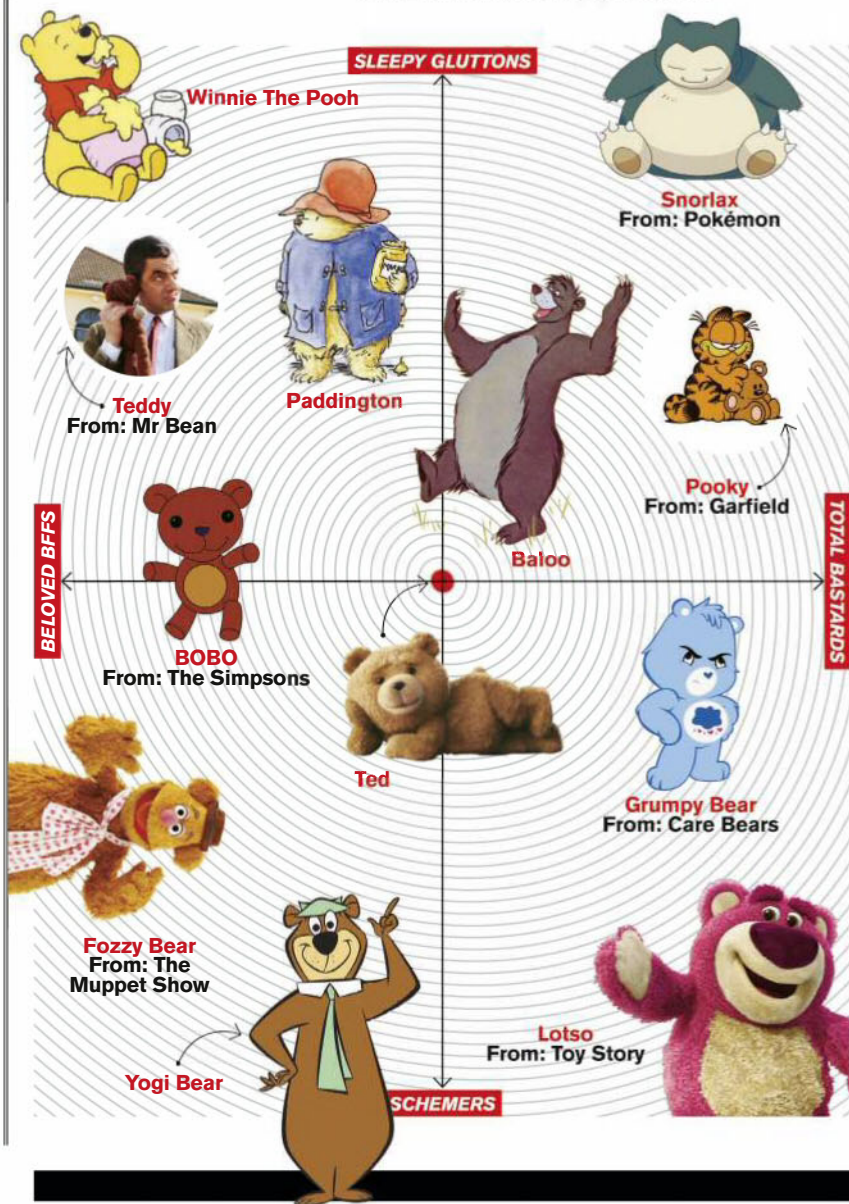
When riders pop themselves a diagonal line across the road to shelter from pesky crosswinds and avoid grazing their knees.

10

Bear bros

# Trace Ted's roots

● Mark Wahlberg and his hit pot-smoking bear are back in this month's *Ted 2*, but the fluffy F-bombing friend isn't the first ursine amigo we've encountered in pop culture...



11

Home ents

## Save summer with some sofa time

● BBQ turned into a soggy washout? Lucky for you, there are three bromantic Blu-ray and DVD releases you and your pals can goggle at as you wait for the downpours to pass...



**Chappie**  
(out 6 July)

**Stars:** Sharlto Copley, Die Antwoord, a cute robot

**WTF moment:** Seeing the tattoo of a giant penis on Ninja's arm.



**The Wedding Ringer**  
(out 7 July)

**Stars:** Kevin Hart, Kaley

Cuoco, that guy from *Lost*. Y'know, the big guy? Him.  
**WTF moment:** Watching a fake vicar set fire to an old lady.



**The Interview**  
(out now)

**Stars:** James Franco, Seth Rogen,

an iconic haircut  
**WTF moment:** Hearing Eminem come out. Four times. Amazing.



# STAND-UPS AT BREAKFAST

Christian O'Connell  
LISTEN WEEKDAYS

Frank Skinner  
LISTEN SATURDAYS



Absolute  
Radio 



01

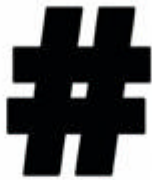
SEE FOOD



02

TAKE PHOTO





03

**TAG**  
**#FHMMANFOOD**



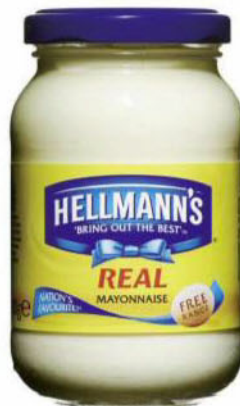
04

**WIN BEER**

**SEARCH FH MAGRAM**

# TREAT YOUR MEAT

Your flame-cooked cow slabs may be barbecue stars but they're nothing without these supporting sauces



[03]



[05]



[01]



[02]



[04]



[06]



[07]

## 01 CURSE LIKE A PIRATE

At the last DJ BBQ shoot, our grillmaster gave us a taste of this. A tiny little taste, but enough for us to enter a beautiful near-death experience. *Holy Fuck Hot Sauce*, £5, [theribman.co.uk](http://theribman.co.uk)

## 02 SLATHER ON THE BOSS

This is still the king. Slap it in, on and around any pork in squirting distance. *Sweet Baby Ray's*, [sweetbabyrays.co.uk](http://sweetbabyrays.co.uk)

## 03 WORK IT OFF

It takes about 10 minutes of light jogging to burn off a tablespoon of mayo. A devastating 10-0 footy thrashing against your toddler cousin should do it. *Hellman's Mayonnaise*, £2.50, [sainsburys.co.uk](http://sainsburys.co.uk)

## 04 CALL THE FRENCH

Getting mustard in your eye sucks at the best of times, but now French's have added cayenne pepper to their bottle, it's agony. *French's Yellow Spicy Mustard*, £1.59, [tesco.com](http://tesco.com)

## 05 SMASH YOUR STEAKS

Rule one of cooking a steak: only add pepper *after* it's cooked to perfection. Pepper burns, making your cow flesh taste acrid. *Black Peppercorns*, £2, [tesco.com](http://tesco.com)

## 06 THANK JACK

We live in a world where you can actually eat whiskey. This is the stuff dreams are made of. *Jack Daniel's Tennessee Honey Barbecue Glaze*, £1.50, [tesco.com](http://tesco.com)

## 07 HAIL THE RED STUFF

Here's a classy alternative to Heinz that you can bust out if the in-laws invite themselves over. *Tiptree Ketchup*, £2.10, [sainsburys.co.uk](http://sainsburys.co.uk)

## 08 BRING THE WINGS

No bro-tastic BBQ is complete without teeth-meltingly hot chicken wings. If you've got anything but this on 'em, you may as well pack up now. *Frank's Red Hot Wings Sauce*, £1.49, [tesco.com](http://tesco.com)





### 09 ENTER THE BIG TIME

To truly master the barbecue, you'll need to up your salt game, and this is the Champion's League of sodium chloride. *Maldon Smoked Salt Flakes*, £1.50, [sainsburys.co.uk](http://sainsburys.co.uk)

### 10 POKE YOUR FISH

Fish is an underrated gem on the grill and requires no more than seasoning and oil. Post-cook, though, add a smidge of this. *Yutaka Wasabi Paste*, £1.99, [sainsburys.co.uk](http://sainsburys.co.uk)

### 11 ADD ACID

Not only is this essential for a pro blue cheese dipping sauce, but it's also your secret ingredient for cleaning the muck off your grill when you're done. *Aspall Classic Cyder Vinegar*, £1.50, [aspall.co.uk](http://aspall.co.uk)

### 12 EAT YOUR GREENS

First person to hilariously say, "Hey, that looks like your dick!" when these get pulled out earns himself washing-up duty. *Mrs Elsworth Cucumbers*, £1.35, [waitrose.com](http://waitrose.com)

### 13 EMBRACE THE NEW

Grill masters around the globe have just started to line up garlic granules as seasoning for burgers alongside their salt and pepper. Try them. *Garlic Granules*, £1.65, [tesco.com](http://tesco.com)

### 14 DIP YOUR LEGS

Yeah yeah yeah, cola is *really* bad for you, but this stuff is *really* good for your chicken drumsticks. *Tabasco Chipotle and Cola*, £2, [sainsburys.co.uk](http://sainsburys.co.uk)

### 15 GRAB A PONCHO

Less about heat and all about flavour, go nuts with this Mexican winner over anything – even your hungover egg breakfast. *Cholula Original*, £1.69, [waitrose.com](http://waitrose.com)

### 16 EMBRACE SPICE NERDISM

The only thing cooler than the taste of this on a chicken thigh? *Sriracha*, the award-winning doc all about its brill history. *Flying Goose Sriracha Hot Sauce*, £2.50, [tesco.com](http://tesco.com)

# WHAT DO YOU WISH

FHM hits up London's Comic Con to find out what



**Connor, 21,  
film operator, Cornwall**

"Meatspin.com. It's basically a video of big swinging privates. People would send it over on MSN so you'd click on it."



**David, 23,  
administrator, Glossop**

"I saw my friend naked once, and I'd love to erase that from my memory. His down-below area still haunts me to this day."



**Kerri, 20, retail  
assistant, Newcastle**

"Somebody sent me a GIF of two girls getting weird. One had custard in her ass, and the other one was ladling it out."



**Nozomu, 19, PA,  
Newcastle**

"There's a thing online called Shrek is Love, Shrek is Life. It's about a guy who wants to make love to Shrek. It's weird."



**Matt, 22,  
tailor, Guildford**

"Fat people falling over. I can't help but laugh whenever it happens, but it's such a shame, isn't it?"



**Deni, 26, receptionist,  
Chelmsford**

"Any cringey video of people doing something embarrassing. I can't stand it. I unfollow anyone who shares them."



**Abi, 21, paintball  
mentor, Essex**

"I wish I could unhear my parents going at it. They must have thought I was out, unless it was a weird punishment."



**Dave, 35, call centre  
worker, London**

"Tubgirl still haunts me. It's a woman in a bath with her bum in the air, spraying poo like a fountain."



**Gavin, 47, teacher,  
Folkestone**

"One of my students showed me a video of a kickboxer's leg buckling right below the knee. It looked like plasticine."



**Kent, 28,  
model, LA**

"A fat guy decided to dress up as slave Princess Leia for a convention. His gold bikini almost made me throw up."



**Adam, 21, civil  
engineer, Essex**

"I came out of my bedroom to find my brother with a pen in his arse. He ran off giggling. We've never spoken about it."



**Chloe, 24, retail  
assistant, Gatwick**

"I saw a video of a dog projectile-vomiting chocolate. It filled the room, and really put me off my Easter eggs."



# YOU COULD UNSEE?

ACCESS

makes these cosplayers wake up in a cold sweat...



**Ryan, 24, delivery driver, Wales**

"The movie *Foodfight!*. You need to see it just to understand how unbelievably bad it is. Go watch it now."



**Holly, 21, student, Worcester**

"I once got a needle embedded in my finger while making a dress. There was so much blood. I got it out with pliers."



**Selena, 25, therapist, London**

"The last 10 minutes of *The Dark Knight Rises*. It was the worst possible ending to a film. Ever."



**Carlan, 26, model, London**

"The violence I've seen around London. It makes me sad because I'm a very compassionate person."



**Emma, 24, manager, Manchester**

"All of my favourite films, just so I could watch them new all over again. It'd be like a groundhog day of movie marathons."



**Bea, 28, model, Lancashire**

"The hairy man-boobs of a photographer who undressed on a shoot to make me 'feel more comfortable'. It didn't."



**Elizabeth, 21, retail assistant, Gravesend**

"I found out how they really filmed the quidditch scenes in *Harry Potter*, and it ruined the magic. I was heartbroken."



**James, 21, IT worker, Surrey**

"*The Human Centipede*. It was a laugh at the time, but now I can't bring myself to trust scientists any more."



**Richard, 28, arcade owner, Croydon**

"My dad's trunks fell down as he was getting out of the pool. I probably wouldn't be doing this if that hadn't happened."



**Chloe, 20, intern, Glasgow**

"I saw a picture of Batman in a tutu, and from that point on I couldn't take him seriously in any of the films."



**Latoya, 27, writer, Lewisham**

"*2 Girls 1 Cup*. Sometimes when I'm having a conversation I'll start getting flashbacks. It's awful."



**Harry, 20, retail assistant, Kent**

"An anime called *School Days*. It starts off nice, but gets really dark and twisted. I wish I could rip it from my memory."

***New style***

# THE BEST SUMMER-READY WATCHES

No matter where your sunny travels are taking you, these timebombs will keep track of the good times...







**01 BEST FOR...**  
**A ROMANTIC CITY  
BREAK IN PARIS**

Smarter, simpler and more sophisticated than your lucky date-night shirt, this luxury ticker will scream, "Look how much effort I've made for you!" as you spectacularly fail at ordering egg and chips in French. £215, *larssonandjennings.com*

**02 BEST FOR...**  
**A FATHER/SON  
FISHING TRIP  
TO IRELAND**

Can you tell your Ally Shrimp from your Willie Gunn? If you haven't the foggiest when it comes to classic salmon flies, bluff your way as a true hero of the outdoors with this rugged yet stylish piece. £49.99, *timex.co.uk*

**03 BEST FOR...**  
**A 72-HOUR  
BLOWOUT IN IBIZA**

When pushing your mind, body and sanity to the limits in the Balearics, the last thing you need is a buggered watch to send you doolally. The nuke-proof G Shock has your back. £150, *G Shock at couvertureandthegarbstore.com*

**04 BEST FOR...**  
**A BEACH FESTIVAL  
IN CROATIA**

Stash your valuables in the sand as you and this beach-ready digital head out on a boat party. No excuses for not bombing off the side of HMS Happy Hardcore when this is on your wrist. £160, *nixon.com*

**05 BEST FOR...**  
**AN OKTOBERFEST  
PILGRIMAGE  
TO GERMANY**

Even after 16 steins filled with Herr Schnitzelfurter's 14.6% turbo stout, you'll still be able to confirm that it's a perfect time for an afternoon nap with this crisp and clear face. £249, *Mondaine at watchshop.com*

**06 BEST FOR...**  
**AN EPIC ROAD TRIP  
THROUGH THE USA**

Forget Route 66 – instead, cover the 1,400 miles between New Orleans and Wyoming for an authentic trip through the homeland of American blues music. Only a driving-inspired beast like this will do. £249, *Citizen at watchshop.com*

**07 BEST FOR...**  
**A POOLSIDE  
CHILL-OUT IN ITALY**

This watch may be as stripped back as you are when you're wearing just your swimmers, but it's still more eye-catchingly cool than tanned, tanked Mario over there strutting around in his nut-hugging trunks and knock-off Ray-Bans. £47.50, *shop.swatch.com*



FHM  
HERO



“I’m not bang  
into golf like  
most footballers”



IN FACT, SOL CAMPBELL’S NOT LIKE MOST  
FOOTBALLERS AT ALL. HE HANGS OUT WITH THE  
TORIES, HAS ‘WHITENED UP’ FOR RACIAL  
EQUALITY AND LOVES NOTHING MORE THAN  
TO SHOOT HIS OWN SUPPER



WORDS: MATT BLAKE  
PHOTOGRAPHY: FRED MACGREGOR









ol Campbell scans the skyline with the trance-like intensity of a toddler with an iPad. It's a look we've seen before, like when he'd

steamroll a striker dribbling towards the net or mouth the national anthem as if quietly channelling some inner power. Yet, in this moment, standing in a field in hunting boots and a massive leather gilet, he looks happier than he ever did playing football for Tottenham, Arsenal, Portsmouth or England. Then again, he didn't shoot much as a centre back.

"PUUUULLL," he bellows, in a voice that's not as deep as you'd expect for a man of his size. Two disks fizz into the air and, in one deft motion, he lifts a Beretta gun to his shoulder, aims and lets off two rounds. Crack. Crack. He misses both by some distance.

"Argh, I need to practise that," he exclaims. "When they come across you like that, they're so difficult to hit."

**R**ewind one hour, and we've just met Sol at the West London shooting grounds of gunsmith-to-the-Queen Holland & Holland for an afternoon of blasting clay pigeons out of the sky. The grounds are resplendent with rustling trees, while the clubhouse, oak-panelled with gun cabinets and stag heads, feels terribly lord-of-the-manor. Yet, this working-class immigrants' son from East London couldn't feel more at home.

"I'd prefer an over-and-under 12-bore with a 32-inch barrel and standard chokes, if you have one," he politely tells Chris, our instructor. This, you may have guessed, is not Sol's first time. He drapes his weapon of choice over his arm with the nonchalant air of a country squire.

"People think it's strange that I'm into shooting," he tells us as we walk to our first range. "But there are a

few ex-footballers who shoot, you know?" We confess we didn't. "Vinnie Jones, I've heard, likes it," he says. "So does Paul Gascoigne, apparently."

How did Sol get into it? "I'm not bang into golf like most footballers," he says. "I fell into shooting through my wife [Fiona Barratt-Campbell, heiress to the Barratt Homes empire]. Once I retired I thought, why not? You can meet different people, have a laugh. There's good banter."

What, like football dressing-room banter? It's hard to imagine teams of tweedy huntsmen hiding each other's cartridge bags and willy-tapping all the way to the grouse moor.

"Nooooo," protests Sol in falsetto. "Just taking the mick out of your hat, or whatever. It's fun."

None of us are wearing a hat, so we just take his word for it. It's not just clay pigeon-shooting hat bantz he likes, either. "I've started shooting pheasants, but only about 30 a year,"

he admits. "Obviously, if I'm shooting birds I'm going to eat them. If they end up on a dinner table, it's OK."

**S**ol Campbell seems a man reborn. Now 40, his jaunty demeanour and very impressive belly laugh feels a lifetime away from that fragile 31-year-old who, in 2006, broke down on the pitch after suffering unspeakable racist and homophobic abuse from the stands. He's deep into politics now, having put his weight behind the Conservative Party in the run up to May's general election.

In September, he'll have completed his Uefa coaching badges and, when he's not hobnobbing with the Tory elite or shooting his supper, he's running an interior-design company with Fiona while bringing up their two children between a home in West London and their vast Northumberland estate. Not bad for a man who essentially made his name hoofing a ball about







and being really good at headers.

As a player, Sol Campbell was a one-man brick wall; a Tyrannosaurus-thighed warrior with a superhuman ability to grow more composed the more pressure he faced.

During his 19 years as a footballer, he played in five international tournaments, was a Fifa Select XI Hall of Famer at two World Cups, was a member of Arsenal's 'Invincibles' team that was unbeaten during the 2003-04 league season, scored in a Champions League final and, to date, is England's greatest black footballer.

Yet he was also sensitive, a self-diagnosed loner with few friends on or off the pitch. Despite his successes, he felt ripped off. Why was he the target of such venom? Why was he never honoured for his services to football? And why, most

importantly to him, was he only made England captain for three out of his 73 caps? He caused a storm when, in his authorised biography last year, he blamed racism at the FA. They

## "I WANT TO SHOW THAT DIVERSITY WORKS. NOT EVERYBODY IS SUCKING THE COUNTRY DRY"

denied it, he maintained it. Does he regret calling them out?

"No," he replies defiantly. "I should have been captain more than three times in 10 years. It's embarrassing."

You seem bitter. Are you bitter? "I just hope colour and race don't come into it again," he says.

**S**ulzeer Jeremiah Campbell was born on 18 September 1974, the youngest of 12 children, to Jamaican immigrants who settled in Stratford, East London. He admits his was a lonely childhood.

His father, Sewell, worked long hours for London Transport while his mother, Wilhelmina, wrapped cables in a factory. There wasn't time for hugs or bedtime stories. And no one ever came to his school football matches. By his teens, he had become a "recluse" in his own home.

"We didn't have two pennies to rub together," he recalls. "There was love, but you had to fight for everything you got. With such a large family there was no space to grow, evolve, breathe, and that affects you as a kid."

He says, as the "baby of the family", he didn't get to speak much, so

football became his expression. "Every day I went out to practise. Nobody asked where I was going. I could kick a ball against a wall all day."

It paid off. Soon he was picked up by West Ham, where he played as a youth-team striker before moving to Tottenham Hotspur in 1989. Youth team manager Keith Waldon later recalled that it was Sol's physicality rather than ability that caught his eye.

"I was very shy as a kid," Sol remembers. "But when I played football I became a different person. I was bossy, verbal. I just loved competing. You wouldn't have liked me if you'd met me on the pitch," he laughs, letting out another hair-drying guffaw.

**W**e've moved to an area where the disks bounce low along the grass. Sol's eyes light up. "Aha," he exclaims. "This is the rabbit clay – it runs along like rabbits. This, I am good at." He's not joking. In six shots, he hits five.

As his fortunes improve, the weather does the opposite, with dark clouds hanging ominously on the horizon. This seems as good a time as any to probe his controversial move from Tottenham to arch-rivals Arsenal in 2001, even allowing his contract to run down so Spurs wouldn't get a transfer fee. "I was frustrated at Tottenham," he reflects. "There just wasn't enough quality – there were good players, but not a squad."

The fans never forgave him. He

was racially abused, victim of a homophobic whispering campaign and branded 'Judas' for his disloyalty. What did Tottenham do that made him want to piss them off so much? "It's fair to say they pissed me off as well," he retorts. "I was on crap wages when others were on decent money, without a good enough side. I wanted to be in a more successful team."

He got his wish. Within four years at Arsenal he'd won three FA Cups

## "OBVIOUSLY, IF I'M SHOOTING BIRDS THEN I'M GOING TO EAT THEM"

and two Premier League titles, including the 'Invincibles' season.

"Once I went to Arsenal I was very happy because there were more like-minded people at the club," he says. "I felt comfortable for the first time in my career, with the chance to have intelligent conversations."

That happiness soon soured. The spores of tribal hatred spawned on the terraces of White Hart Lane spread to other grounds. Soon, every game he played seemed soundtracked by his own bespoke playlist of frenzied taunts, jeers and wanker signs.

"The abuse was disgusting: racial,

homophobic, the lot," he says. "Not a lot of footballers have been under that type of pressure and come out of it a human being with spirit."

Perhaps it was inevitable that he would snap. It finally happened in 2006 during a game against West Ham. He was still grieving the death of his father, and his brother, John, was in jail for beating up a man for calling Sol gay. With Arsenal 2-0 down at half-time – his blunders having led to both goals – he refused to play on, before driving out of Highbury, still in his No 23 shirt. He moved to Portsmouth at the end of that season and skippered the team to FA Cup triumph two years later. Did he have a full-blown meltdown?

"Nooo," he laughs, a little uneasily. "It just got to the point where I exploded. Everyone has a threshold. I've got thick skin and it was fine when it was only affecting me, but it started affecting my family – my mum especially."

**W**hile he has laughed regularly throughout our time together, he suddenly looks glum.

"My mum died two months ago," he announces, with startling honesty. "I'm still having a hard time dealing with it."

But despite his sense of loss, her death has given Sol a strength he never knew he had. "You realise you have to step up so as not to let little things consume you. She taught me to be tough, but also to care."

## SOL'S LIFE ON TWITTER



• I went skiing in February. I'm a beginner but, now I've retired, I'm trying to learn new things.



• Dennis Bergkamp. Legend. Once I went to Arsenal I was happy because there were a lot more like-minded people at the club and I felt comfortable for the first time.



That's why Sol has thrown himself into politics. Earlier this year, he painted his face white, alongside a host of black celebrities, for an Operation Black Vote poster campaign and has been helping the Conservative Party on race-related issues ever since. Two weeks after our interview took place, he even confirmed his intention to stand as the party's candidate for London Mayor, based in the capital's City Hall.

What, we wonder, does someone with his background have in common with the Tory Party? "I like the way they think," he hits back. "Look, I'm a self-made man, an entrepreneur. I don't want handouts. If I hadn't been in football I would probably still work my way up to the top, whether it be as an electrician, a politician, an architect. Not everyone from my background is like that but that's just the way I am."

He tells us about a speech he gave last year in the House of Commons about racial diversity, for which he received a standing ovation, and how his dream is to make Parliament more diverse. "Politics needs a racial overhaul, not just the Conservatives," he tells us. "Hopefully this will show that diversity does work and not everyone is sucking the country dry. It's what I'm passionate about."

**S**ol Campbell is clearly a passionate man. But he's also a complex one. He is a man who has visited the dark side and returned, he claims, in one piece. He has an



ego the size of his gilet and didn't much like it when we beat him at shooting (a complete fluke – we'd never even held a gun before, though he didn't believe us). But he is also intriguing company. He is animated, smiley and refreshingly honest. And despite all the mud that's been thrown at him, his self-belief is gleaming. On the surface, anyway.

"I want to make a difference to people," he says, stepping into his

Land Rover and turning the key (he has a Tory party debate to attend). "When you're in a privileged position, you should use it in a positive way."

And, we ask, you think you're comfortable doing that from the Tory backbenches in the Commons?

"Well," he smiles wryly. "I feel much more comfortable in City Hall."

*Sol is available for public speaking (krugercowne.com)*



• That's me and Fiona at a tea party hosted by Keith Vaz MP. He presented us with a fourth anniversary cake. Lovely man.



• With Patrick Vieira at an event in Switzerland. We're still mates. He's a nice, serious man.



• I gave a 20-minute speech about diversity in the House of Commons last year. I love the environment there. It's such a special place.

# FIND YOUR FESTIVAL CIDER

We cracked open 16 bottles of the good stuff to decide on the best summer tippie

➡ You could be a neon raver losing your shit at Global Gathering or a furious mosher circle-pitting to Slipknot at Hellfest, but every man has one thing in common: nothing tastes sweeter than cider under the sun at a festival.

And now we've discovered the best cider of summer 2015. It took ages. We got drunk. But finally, alongside Max Chater, master distiller at The Draft House and Bump Caves in London, we whittled 16 contenders down to just one reigning champ...

## BULMERS ORIGINAL

The Glastonbury of cider—mainstream, huge appeal and reliably good on ice.  
**Max:** "Strong but safe."

## LAZY JACK'S

One to fuel your Sunday morning.  
**Max:** "I like cloudy cider. It's sweet, so it'd be great for a session starter."

**THATCHERS GOLD**  
Doesn't stand out.

**SAVANNA DRY**  
Pretty good, this.

**STRONGBOW ORIGINAL**  
Solid, but meh.

**CAPLE RD**  
Fan of the can.

**CHAPLIN & CORK'S**  
Great start, poor finish.

**REKORDERLIG DRY APPLE**  
Could drink this for days.





HEAD TO  
FHM.COM  
NOW TO SEE  
THE VIDEO

**CROFTERS**  
Basic.

**MISTLETOE  
MARBLE COPPER**  
This is super tasty.  
**Max:** "It takes me  
into a field with a folk  
band playing up a hill.  
I don't like folk. Or hills.  
But there's something  
more to this. I'm in."

**FLAT CAP FRANK**  
Will keep you fully charged  
and is damn great to drink.  
**Max:** "This is so good.  
There's an amazing  
mandarin taste in there.  
Wow. And there's a guy  
with a 'tash and a flatcap  
on the label. Even better."

FHM  
CHAMP!

**STELLA  
ARTOIS CIDRE**  
Sorry, no.

**CHAPEL DOWN  
CURIOUS APPLE**  
Not 'curious' enough.

**ASPALLS PREMIER  
CRU CYDER**  
You'll get sunburnt  
just sipping it.

3RD  
PLACE

**FROME VALLEY  
HENNEY'S DRY**  
Like it.

2ND  
PLACE





TOTALLY UNBELIEVABLE

# PIG WINGS

Pork on pork with BBQ sauce – it's the stuff dreams are made of...

**DJ BBQ SAYS...**

"If you like your meat freakin' fast and so delicious you start to wonder if you've died and woken up on Planet DamnThat'sTasty, I'm about to blow your mind. You're gonna want to throw down my unbelievable pig wings at your next cook out, then witness them smashing your summer with a slam of awesomeness."

"The beauty in these bodacious bad boys, beyond them being a double hit of pork, is that you can still put them together after a skinful of icy cool beers. Four ingredients, three minutes of prep time and goof-proof indirect cooking means that even if you're slurring your words and falling over your own feet, you're gonna nail these and maintain your reign at the grill."





## THE RECIPE

### Takes:

45 minutes

### Ingredients:

A stack of inch-thick pork chops  
DJ BBQ's Mix Of Rad  
(see recipe below)  
Streaky bacon  
Barbecue sauce

+ Soaked cocktail sticks

## 01

Cut inch-thick, finger-length meat strips out of your chops. "Yeah, losing the flavoursome fat feels all wrong, but the fat of the bacon will make it so right, trust me," says DJ BBQ. Make your **Mix Of Rad** and sprinkle on generously to coat.



## 02

Wrap your streaky bacon around the length of your pork fingers, using more than one rasher if necessary. Stab a few soaked cocktail sticks through each one to hold them in place, and reapply your Mix Of Rad again for more flavour.



## 03

Whack your meat on to the grill at a medium heat, and cook for 45-60 minutes. Turn halfway through. "10 minutes before chow time, slather on your BBQ sauce

for extra radness. If you can find Sweet Baby Ray's sauce, use it!" DJ BBQ advises. Serve with more BBQ sauce for dipping and get eating.

### MIX OF RAD:

2 tbsp soft brown sugar  
1 tbsp sea salt  
1 tbsp black pepper  
1 tbsp ground cumin

1 tbsp ground coriander  
1 tbsp onion granules  
1 tbsp garlic granules  
½ tsp mustard powder  
½ tsp chilli flakes

SHOW US YOUR  
MAN FOOD!  
#FHMManFood





**This month's challenger...**

# NICK JONAS

Can the former Disney kid go from chart-topping bro to world-beating bloke?

**01 Have you ever worn a trilby?**

Yep. If you can rock it, wear it.

**Not bloke** ✗

**02 Have you ever spent a significant amount of time talking to animals?**

When I was working on Broadway, I'd come home for a big chat with my dog Elvis. He's a great listener.

**Bloke** ✓

**03 Have you ever had a hugely successful session of DIY?**

I built a greenhouse one time. I was really proud of myself.

**Bloke** ✓

**04 Ever thrown a punch and missed?**

I've learned a lot from training with professional fighters for roles, so I think I could handle myself.

**Bloke** ✓

**05 What's the biggest thing you've ever set on fire?**

Probably just a pizza box – I need to up my fire game.

**Not bloke** ✗

**06 What's your favourite smell?**

Gasoline and cigars. Not together, though.

**Bloke** ✓

**07 Have you ever rescued an animal?**

No, but if I ever do I want it to be dramatic. I'd want to save a dog from a fast-moving river, pull it to shore and have a big chat.

**Not bloke** ✗

**08 Have you ever fired a gun?**

Growing up in Texas, there was always gonna be gunfire. I've beaten my brothers in shooting competitions.

**Bloke** ✓

**09 What was the last film that scared the crap out of you?**

*Shutter Island*. It was the psychological aspect that did it for me – that we can go completely insane.

**Bloke** ✓

**10 Have you ever cried when the people from broken homes sing well on *The X Factor*?**

No, and I don't buy into every single story.

The producers can often take liberties.

**Bloke** ✓

**11 Ever shotgunned a can of beer?**

I'm shooting a movie where I play a college kid, so I've been shotgunning a lot of beers recently. It ends up all over me.

**Bloke** ✓

**12 Have you ever twerked?**

No. I don't have the ass for it.

**Bloke** ✓

**13 How long can you leave food on the floor before you can't eat it?**

10-15 seconds. That's my rule. Burger on the floor? Wipe it down and get on with it.

**Bloke** ✓

**14 Have you ever killed and eaten your own food?**

Never. I prefer to leave it to the pros. I'm a meat guy – I'm sure I've tried it all. The weirdest was alligator sausage.

**Not bloke** ✗

**15 Have you ever successfully stared**

**someone out?**

Once in Australia, this guy started yelling at me from across the road. I was with a friend who was pretty big, so I just stopped and stared at this guy for 30 seconds. He said "I'm sorry, mate" and I said, "It's alright, just don't be an asshole."

**Bloke** ✓

**11/15**

Nick Jonas, you're one hunting arson attack from bloke supremacy. Great work, sir.

*Nick's self-titled album is out 17 July*

## MAN UP YOUR MANE

Banish greasy hair with The Bluebeards Revenge Matt Paste. Add depth and texture with this medium-hold, semi-sheen paste for an utterly manly mane that will have the girls queuing up. Want to perfect that haven't-even-tried look? Consider it done.



BLUEBEARDS-REVENGE.CO.UK

WORDS: NICK POPE



D I G I T A L   O F F E R

# FHM

GET FHM DELIVERED DIRECT TO YOUR  
DIGITAL DEVICE EVERY MONTH

SAVE UP TO  
**48%**

OFF THE PRINT COVER PRICE  
- THAT'S A SAVING OF  
MORE THAN £22 A YEAR!



AVAILABLE  
ON ALL APPLE  
AND ANDROID  
DEVICES

**SIGN UP TODAY!**  
AVAILABLE AT

**great** 150 top titles  
magazines.co.uk

kobo



nook  
by Barnes & Noble

BEST DEAL

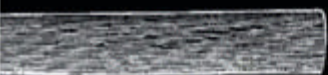
# WHAT'S YOUR THING?

MIXOLOGIST / BUILDER / CHEF / ASTRONOMER / DJ /  
GARDENER / BAKER / DIY SUPREMO / GAMER / FASHIONISTA /  
TRAINERS ADDICT / FITNESS FANATIC / FOOTBALLER /  
SURVIVALIST / GADGET GUY / GUITAR WIZARD...



= **THE HOW T**





# O PROJECT =

FHM IS SEARCHING FOR THE NATION'S FINEST EXPERTS AND PROS FOR A NEW VIDEO PROJECT. UPLOAD A SHORT VIDEO OF YOURSELF TO YOUTUBE SHOWING OFF YOUR SKILLS AND SEND THE LINK TO

**HOWTO@FHM.COM**

Regretfully, we can only reply to successful applicants

*The*

# 31

## GREATEST BOOKS FOR MEN

~~~~~

From detective novels to self-help manuals,  
everything a man needs to know about life can  
be found between the covers of a good paperback

---

**Words:** Anthony Teasdale, Tom Ward, Elizabeth Atkin, Nick Pope and Mia Bleach

**Photography:** James Cheadle

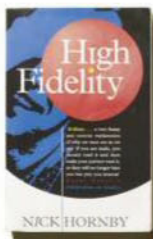




# 01



**YOUR EX IS AN EX FOR A REASON**



**High Fidelity**  
Nick Hornby

Meet Rob. He's the manager of a London record shop in which he and his sad friends make top-five lists, talk about

mix tapes and obsess over albums by dead blues musicians. Then Rob decides to get in touch with five of his ex-girlfriends to find out where it all went wrong. Great idea! We all know a guy like Rob: he

looks back at us from the mirror every morning.  
**Key line:** "What came first – the music or the misery? Did I listen to the music because I was miserable? Or was I miserable because I listened to the music?"

02

**YOUTH IS WASTED ON THE YOUNG. THANKFULLY...**

**The Secret Diary Of Adrian Mole Aged 13¾**

Sue Townsend



Read this as a teenager and you'll cry with laughter. Repeat as a man and the tears may not be ones of joy.

**Key line:** "8.45am. My mother is in the hospital grounds smoking a cigarette. She is looking old and haggard. All the debauchery is catching up with her."

03

**TAKE RISKS, MAKE MONEY**  
**Whatever You Think, Think The Opposite**  
Paul Arden

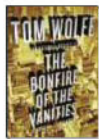


Life is full of 'common sense'. In Arden's brilliant self-help book, we're urged to make decisions that go against everything we think is true. Great cover design, too.

**Key line:** "When things go wrong it's tempting to shift the blame. Don't. Accept responsibility. People will appreciate it, and you will find out what you're capable of."

04

**THE BIGGER YOU ARE, THE HARDER YOU FALL**  
**The Bonfire Of The Vanities**  
Tom Wolfe



New York banker Sherman McCoy has it all – the money, the women, the hair – until a car crash leads to a catastrophic downfall. This book acts as a vivid reminder that we're all one mistake away from ruin. Cheers!

**Key line:** "A liberal is a conservative who has been arrested."

05

**NOT THAT SCARED OF JAIL? THIS WILL CHANGE YOUR MIND**  
**Papillon**  
Henri Charrière



After being convicted of a murder he didn't commit, Charrière faces 14 years under the cruellest of prison regimes, with torture and violence a daily occurrence. Needless to say, it's ace when he escapes.

**Key line:** "I'd been in prison 11 years. I was 35. I'd spent the best years of my life either in a cell or in a black hole."

## 06

**SOMETIMES, IT'S  
BEST TO HAVE  
A LEMONADE**

### The Shining

Stephen King

Like a drink? So much that the walls talk to you and your son acts as a conduit between you and the dead? Modern gothic horror that will keep you up all night.

**Key line:** "He looked to her like an absurd 20th-century Hamlet, an indecisive figure so mesmerised by onrushing tragedy that he was helpless to divert its course or alter it in any way."



07

**BIGGER ISN'T ALWAYS BETTER**

### Train Dreams

Denis Johnson



At 128 pages, *Train Dreams* is small enough to polish off over a weekend, but profound enough to keep you thinking about the tale of a logger inhabiting the burned-out ruins of his former home until at least the following Wednesday.

**Key line:** "The first kiss plummeted him down a hole and popped him out into a world he thought he could get along in."

08

**LIFE'S FULL OF DISAPPOINTMENT:  
LAUGH IN ITS FACE**

### Bright Lights, Big City

Jay McInerney



You'd think that a story centred around death, disappointment and 4am cocaine comedowns might be depressing, but McInerney's intensely morbid sense of humour cements this as one of the funniest novels you'll ever read. A life lesson for the ambitious.

**Key line:** "Your heartbreak is just another version of the same old story."

09

**WAR ISN'T ALL ABOUT FIGHTING  
For Whom The  
Bell Tolls**

Ernest Hemingway



Forget those tedious English classes; it's time to give Hemingway's epic about the Spanish Civil War another go. Focusing on a group of rebels waiting for the right moment to strike, the novel is a masterclass in tension. Remember to have a strong drink handy for the final battle.

**Key line:** "The world is a fine place and worth fighting for."

10

**SOMETIMES IT'S BEST  
TO STOP RUNNING  
The Thirty-Nine Steps**

John Buchan



It's May 1914 and tweed-wearing Richard Hannay has just been fingered for the murder of an American spy. This sets in motion a chase across southern Scotland with all sorts of dastardly villains in pursuit. You'll read it in an afternoon.

**Key line:** "It struck me that Albania was the sort of place that might keep a man from yawning."



12

SO YOU KNOW WHAT 'POOR'  
REALLY MEANS

### Down And Out In Paris And London

George Orwell



Orwell's semi-autobiographical account of being a penniless writer transports us to the unseen corners of '30s London and Paris. The story follows Orwell as he begins to economise by cutting out wine and cigarettes, and then, inevitably, food. These dark, eerie accounts present a vivid portrait of a life on the edge. And it's mostly miserable there.

**Key line:** "Within certain limits, it is actually true that the less money you have, the less you worry."

1 3

TO LIVE AND DIE IN LA

### The Big Sleep

Raymond Chandler



Brief snatches of dialogue. A detective who speaks in short sentences. More metaphors than a lorryload of poetry books. *The Big Sleep* is the definitive detective novel, featuring drinking, blackmail and murder in equal measure. Plus, in Philip Marlowe, it boasts one of literature's greatest lawmen.

**Key line:** "I don't mind your showing me your legs. They're very swell legs and it's a pleasure to make their acquaintance. I don't mind if you don't like my manners. They're pretty bad. I grieve over them during the long winter nights."

11

MONEY ISN'T  
EVERYTHING

### Money

Martin Amis

In the world of manly books, *Money* is the granddaddy against which all others are measured. If you're not familiar with the jetsetting series of embarrassments that forms film director John Self's life,

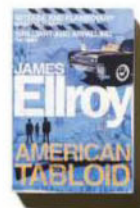
now's the time to get acquainted.

**Key line:** "Money doesn't mind if we say it's evil, it goes from strength to strength. It's a fiction, an addiction, and a tacit conspiracy."

## 14

POWER ALWAYS  
CORRUPTS

WITH THANKS TO SOUTHANKS WALKING.CO.UK

**American  
Tabloid**  
*James Ellroy*

Marilyn Monroe. JFK. FBI. Cuba. Castro. Death. And death again in this bloody saga through the dark days of '50s/'60s America.

**Key line:** "The geek screamed. Street noise levelled out the sound. Pete shoved a sandwich in his mouth to muzzle him. His dope stash was in the freezer next to the ice cream."

## 15

IGNORE YOUR EYES, FOLLOW  
YOUR NOSE

**Perfume: The Story  
Of A Murder***Patrick Süskind*

It's 18th-century France and Paris is awash with odours (so what's new?). Into this stew is born Grenouille, a child with a sharp sense of smell who embarks on a murderous crusade to make the perfect scent. You'll never think about smell in the same way.

**Key line:** "Odours have a power of persuasion stronger than that of words, appearances, emotions, or will."

## 16

DON'T GET ADDICTED TO PORN  
**Straight White Male**

*John Niven*

Possibly the most ambitious masturbator in fiction, Kennedy Marr is a successful author struggling with taxes, an estranged daughter and a worrying lump on his penis. A tale of one man's attempt to blunder, drink and insult his way back to the top.

**Key line:** "The human body: why did its – frankly – limited repertoire of moves manage to fascinate him so endlessly?"

## 17

YOU HAVE TO TRAVEL FAR TO  
FIND OUT WHO YOU ARE  
**Song Of Solomon**

*Toni Morrison*

This book follows the journey of Macon 'Milkman' Dead III and his quest for identity. Set between the '30s and '60s, but jumping back to the 19th century, Milkman travels from his home state of Michigan to Pennsylvania and eventually Virginia where he comes to terms with his slave roots and age-old injustice. **Key line:** "You wanna fly, you got to give up the shit that weighs you down."

## 18

BE IN A GANG: GET IN TROUBLE  
**A Clockwork Orange**

*Anthony Burgess*

Set in a nasty futuristic Britain, nutty teenager Alex heads up a gang who speak in slang, drink milk laced with drugs and wander the streets killing, raping and stealing. **Key line:** "The next morning I woke up at oh eight oh oh hours, my brothers, and as I still felt shagged and fagged and fashed and bashed and my glazzies were stuck together real horrorshow with sleepglue, I thought I would not go to school."



19

IF YOU DON'T CARE, NO ONE ELSE WILL

**The Outsider**

Albert Camus



A story about a murderer who not only kills without remorse, but feels nothing

when he is sentenced to death. You know that guy in your local who drinks strong lager without talking to a soul all night? Yeah. It's him.

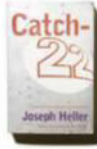
**Key line:** "I looked up at the mass of signs and stars in the night sky and laid myself open for the first time to the benign indifference of the world."

20

BUREAUCRACY IS THE ENEMY

**Catch-22**

Joseph Heller



WWII bombardier Yossarian is continuously trying to get out of fighting. But

he's trapped by the Great Loyalty Oath Crusade: a man is insane if he continues to fly combat missions but a request to be excused proves he's sane and so fit to fly.

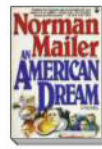
**Key line:** "Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity thrust upon them. With Major Major it had been all three."

21

YOUR BEST FRIEND IS YOUR BIGGEST ENEMY

**An American Dream**

Norman Mailer



A novel about jazz, murder, alcohol and ultimately all the trouble

that thing in between your legs can and will get you into. You can imagine what that entails.

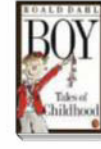
**Key line:** "A fire had begun to spread in me. It was burning now in my stomach and my lungs were dry as old leaves, my heart had a herded pressure which gave promise to explode."

22

WHY GROWING UP IS A TERRIBLE IDEA

**Boy: Tales Of Childhood**

Roald Dahl



Boy is a nostalgic look back at the times when, as a child, Roald

Dahl stuck a dead mouse in the gobstopper jar at the sweetshop and filled his sister's fiancé's pipe with goat droppings. More daring than most of us will manage in an entire life.

**Key line:** "We all have our moments of brilliance and glory, and this was mine."



**American Psycho**

Bret Easton Ellis

How can a book about a murderous psychopath also be hilarious? Because – aside from the horrible killing stuff – ludicrous

Wall Street banker Patrick Bateman is also one of the most quotable characters in the world of literature. Still, best not let your mum pick it up, eh?

**Key line:** "Hello, Owen," I say, admiring the way

he's styled and slicked back his hair, with a part so even and sharp it... devastates me and I make a mental note to ask him where he purchased his hair-care products."



**DON'T DO DRUGS. NO, SERIOUSLY...**  
**Trainspotting**  
 Irvine Welsh

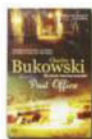
While the film's a cult classic – we've all seen *that* poster – this meandering ride through Edinburgh's druggy underworld of the '80s is funnier, wider in scope and even more brutal. It's also an excellent lesson on why the injection of heroin is, on reflection, unwise.

**Key line:** "People think it's all about misery and desperation and death and all that shite, which is not to be ignored, but what they forget is the pleasure of it. Otherwise we wouldn't do it. After all, we're not fucking stupid. At least, we're not that fucking stupid."

2 5

**BAD JOBS MAKE FOR GREAT BOOKS**

**Post Office**  
 Charles Bukowski



Bukowski wrote the blueprint for funny, intelligent novels on male angst. This, his first, was published when the author was 50 and details his attempts to swap a career in menial postal work for a life of writing, drinking and gambling. Sounds great.  
**Key line:** "It takes a wise man to make it without working."

26

**SAVAGERY IS JUST A STEP AWAY**  
**Lord Of The Flies**

William Golding



What happens after a nuclear war when a group of boys find themselves stranded on a tropical island? Clue: they separate into factions and start killing each other. Your sister's got *The Hunger Games*; this is for you.  
**Key line:** "We've got to have rules and obey them. After all, we're not savages. We're English, and the English are best at everything."



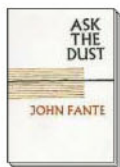


27

LEAVING HOME IS SUPPOSED TO BE TOUGH

**Ask The Dust**

John Fante



Ignore the Colin Farrell film and head straight for Fante's novel about a young, down-and-out writer leaving home to scrape by in LA's tough Bunker Hill district. From surviving on oranges to pursuing volatile Latina waitresses, this is a story every bit as romantic as flying the coop was supposed to be.

**Key line:** "Get out and learn about life, walk the streets. That's your trouble: your ignorance of life."

28

SMALL EVENTS HAVE  
A HUGE IMPACT**Slaughterhouse-Five**

Kurt Vonnegut



After being captured by aliens, soldier Billy Pilgrim recalls random moments of his

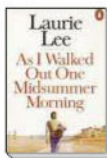
life on Earth including his time as a POW. This classic will change the way you think about life, time and just about everything else.

**Key line:** "Like so many Americans, she was trying to construct a life that made sense from things she found in gift shops."

29

FREEDOM, POSSIBILITIES AND  
AN UNWRITTEN FUTURE**As I Walked Out One  
Midsummer Morning**

Laurie Lee



This simple tale follows a country lad who leaves home and boards a ship to Spain on the

basis he knows the Spanish for "I'd like a glass of water."

**Key line:** "I felt the unease of arriving at night in an unknown city – that faint sour panic which seems to cling to a place until one has found oneself a bed."

No.

30

THE GRIM REALITY OF BATTLE

**The Things They Carried**

Tim O'Brien

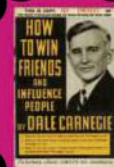


There are only so many times you can watch *Apocalypse Now*, so why not delve into some outstanding Vietnam war fiction instead? Veteran infantry soldier Tim O'Brien's short story collection would be a good place to start. Expect camaraderie, humour and guts hanging from trees.

**Key line:** "A thing may happen and be a total lie; another thing may not happen and be truer than the truth."

GREATEST BOOKS  
FOR MEN

31

WANT TO IMPROVE YOUR  
LIFE? READ THIS**How To Win Friends  
And Influence People**

Dale Carnegie

The original self-help book (it was written in 1936) *How To Win Friends...* still has plenty of lessons for getting on in life. More than anything it shows how being nice pays dividends no matter what your career.

**Three tips for now:**

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

"Criticism is dangerous, because it wounds a person's precious pride, hurts his sense of importance and arouses resentment."

"If you want to know how to make people shun you and laugh at you behind your back and even despise you, here is the recipe: Never listen to anyone for long. Talk incessantly about yourself. If you have an idea while the other person is talking, don't wait for him or her to finish: bust right in and interrupt in the middle of a sentence."

A SEXY SURFER'S GUIDE TO...

# TOTALLY OWNING THE BEACH, DUDE

She's the champion pro surfer who tames monster waves. Give a high five to Anastasia Ashley – a girl we would run barefoot over scorching sand to meet...

**Words:** Chris Sayer  
**Photography:** Chris Fortuna





**ANASTASIA  
ASHLEY**







“

I am so sorry,” says Anastasia Ashley from the back of a New York cab. The 28-year-old – looking a touch pixellated – is apologising for having to change, then change again, then pick up late on her Skype cover interview with *FHM*. “I was five

minutes too late to check in so I missed my flight.” Of course, it’s all good. No need to apologise. Dontevenworryaboutit. Because when a woman so cool she makes Pharrell look like a poindexter and so sexy-fit that she’d shine in a room filled with Maria Sharapovas is staring back at you through a screen, you seem to forgive very quickly. Funny that.

**Welcome to *FHM*, Anastasia! Where have you just flown in from?**

I was in Florida. I was there to watch the PGA golf event. I got to see Rory [McIlroy] and Ricky Fowler but I didn’t catch a glimpse of Tiger Woods. I’m actually a bit of an amateur golfer myself, y’know. Everyone seems to assume I’d be good but I’m not. I like the whole chilled lifestyle of it – grab some drinks, get your clubs and head out in the buggy. I’m into that.

**What else would we never have guessed about you?**

Maybe how hard I work. People think things have just happened for me and it just isn’t like that. Or that I’ve got an absolutely amazing bar at home.

**Really?**

Yep, I’ve got every type of alcohol you could imagine. If you came to mine you’d have a tequila on the rocks in your hand right away.

**So you’re a sipper not a slammer?**

Of course! Slamming is sacrilege.

**You grew up in Hawaii. Have you met Dog The Bounty Hunter?**

I have not. He is really popular, though. I’d love to meet him.

**Do Hawaiians actually put pineapple on their pizza?**

They do!

**But why would they do that to a pizza?**

Er, why wouldn’t you? It’s delicious.

“I LIKE THE  
WHOLE CHILLED  
LIFESTYLE OF  
GOLF – GRAB  
SOME DRINKS,  
GET YOUR CLUBS  
AND HEAD OUT  
IN THE BUGGY”

**ANASTASIA  
ASHLEY**





**There must be better delicacies than pineapple pizza in Hawaii, though...**

They're big on meat there. Like, you'd have teriyaki chicken with beef and shrimp and rice, all mixed together.

**That sounds enormous.**

It really is. Put it this way, Hawaiian guys are not scrawny.

**Who did you have posters of on your bedroom walls as a kid?**

Definitely [11-time world-champion pro surfer] Kelly Slater – he's been a huge inspiration to me. I like Serena Williams, too. She has a super-cool public persona.

**Is it actually true that you found your first surfboard in a bin?**

Yep, and that I won my first surfing contest on it. It was really old and had loads of dings in it. But it worked for me and I learned what I could with it.

**Fast-forward to 2015 and you're a pro competition champion casually hunting house-sized waves to charge down.**

Yes. I've been in the water when the swell is at about 30ft. That's when it

gets scary and dangerous. When you're riding a wave that big, you're battling the currents, the wind and other people. I'm still easing my way into it, because you don't just wake up and think, "I'm going to catch big waves today." I want to keep going, though.

I want to go bigger and bigger.

**There's a terrifying beach in the UK called Old Pirate's Crotch. You been there? It's very, very scary.**

I haven't. I mean, I've surfed in England but I've never heard of that one.

**There are pinchy crabs in rock pools, donkeys that carry children away into the distance and lots of angry sand fleas that attack your eyes...**

Uh huh. Well, at least it has a crazy name. I've surfed in Newquay and it was freezing!

**Who are the gnarlier dudes, British guys or Americans?**

I'm being honest here: British guys know how to party. What I like best is that you party hard and work hard, too. I like that in a guy.

**You've got a very, uh, 'special' warm-up routine before you get into the water. So special that it became a viral video with seven million views. Explain to anyone that hasn't seen it...**

I can best describe it as a silly girl bopping around in her own zone.

**You're twerking, Anastasia.**

I've been doing it for years. I plug myself into my music and try to block out noise from other people. When I'm at an event there are a lot of people that want to come up to me, so this is my way of focusing before I jump into the surf.

**What's the second-best thing you can do in the ocean after surfing massive waves?**

Probably being at a boat party. I have an apartment two blocks from the ocean in Orange County and my goal at the moment is to get a boat. Cars are cool but boats are just more fun, aren't they?

**You've got a whopping 750,000 followers on Instagram. What's a guy got to do to win a follow off you?**

I actually don't think it's about the photos you post but more to do with the captions. They add personality to the post. I can't get a vibe for you from a photo, so be creative and funny in your captions and comments.

**What's the creepiest thing a guy has done to grab your attention?**

I'll tell you what I really don't like – when guys who I actually know screenshot a post I put up and text it to me saying, "Hey, great photo." Why would you do that? It's annoying and really creepy.

**The remake of the incredible 1991 surf movie *Point Break* is set for release next year. Thoughts?**

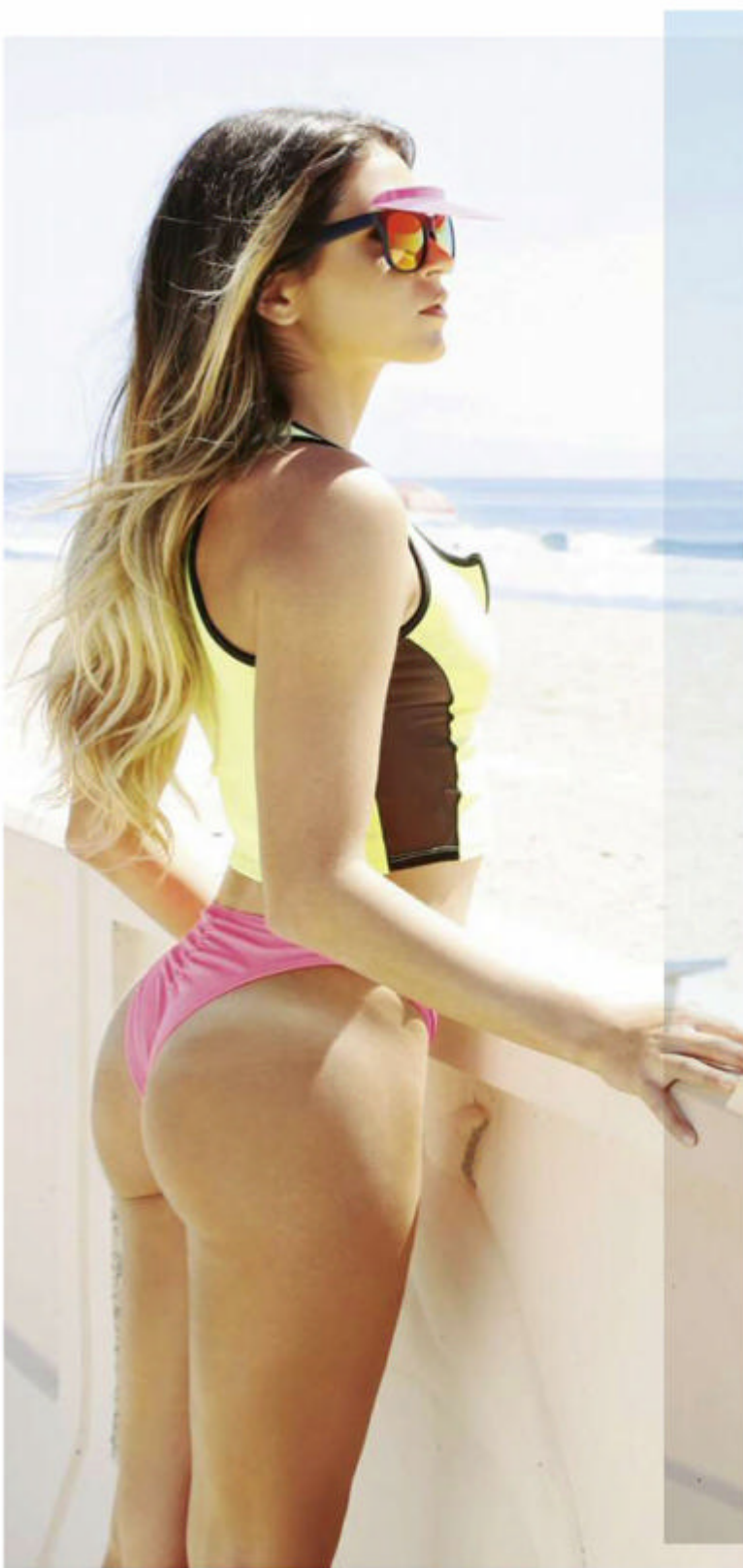
I think it's pretty awesome. There was some talk of me being a part of it...

**No way! Did you practise your Johnny Utah 'lays-on-back-and-fires-gun-in-air-while-screaming' routine for it?**

Ha, no – this was back when it was all surf-related but I think it's more action sports in general now. It's one of the best movies ever and I reckon they should have kept it straight surfing but I don't write the cheques.

**And, finally, have you got your slow-mo *Baywatch* run nailed?**

One hundred per cent yes. I get asked to do it a lot for shoots. Whenever I'm on a beach in a bikini and I get asked to do the run, it feels like a win.







**“IF YOU CAME  
TO MINE  
YOU’D HAVE  
A TEQUILA ON  
THE ROCKS IN  
YOUR HAND  
RIGHT AWAY”**

# GET BEACH READY

## CHARM HER

● Dreaming of a date with a super-hot, ultra-cool surfer girl like Anastasia this summer? Then quit your rad surf talk. Now. "I don't date surfers," she says. "Just be charming. All girls – no matter what their job is – love a charming man."

## TAKE A TRIP

● Skegness is lovely this time of year but for the ultimate beach road trip, you may need to fill up the petrol tank. "Uluwatu beach in Bali is the best," says Anastasia. "It's beautiful, perfect for surfing and partying, too."

## STAY SAFE

● Packed your bag? Remember Anastasia's one essential item. "It sounds sensible but I never leave home without sunblock. Sunburn's not sexy. Also, it rehydrates you, so you can drink and party for longer."

## MAKE MUSIC

● Zero internet on the beach is a great thing, unless you've forgotten to make a killer Spotify playlist. "The Beach Boys' *Surfer Girl* is the best beach song," says Anastasia. "And I love *Summer* by Calvin Harris."

## DRINK UP

● Tanning can be thirsty work. Luckily, Anastasia advises you to pack the tequila. "You can't go wrong with a margarita or an ice-cold Corona. You want to go for those Mexican party vibes."

## SHOW OFF

● Thinking about buying some skimpy shorts to strut around the sand in? "If you have the confidence and the package to pull it off, then go for it! I draw the line at man thongs, though."

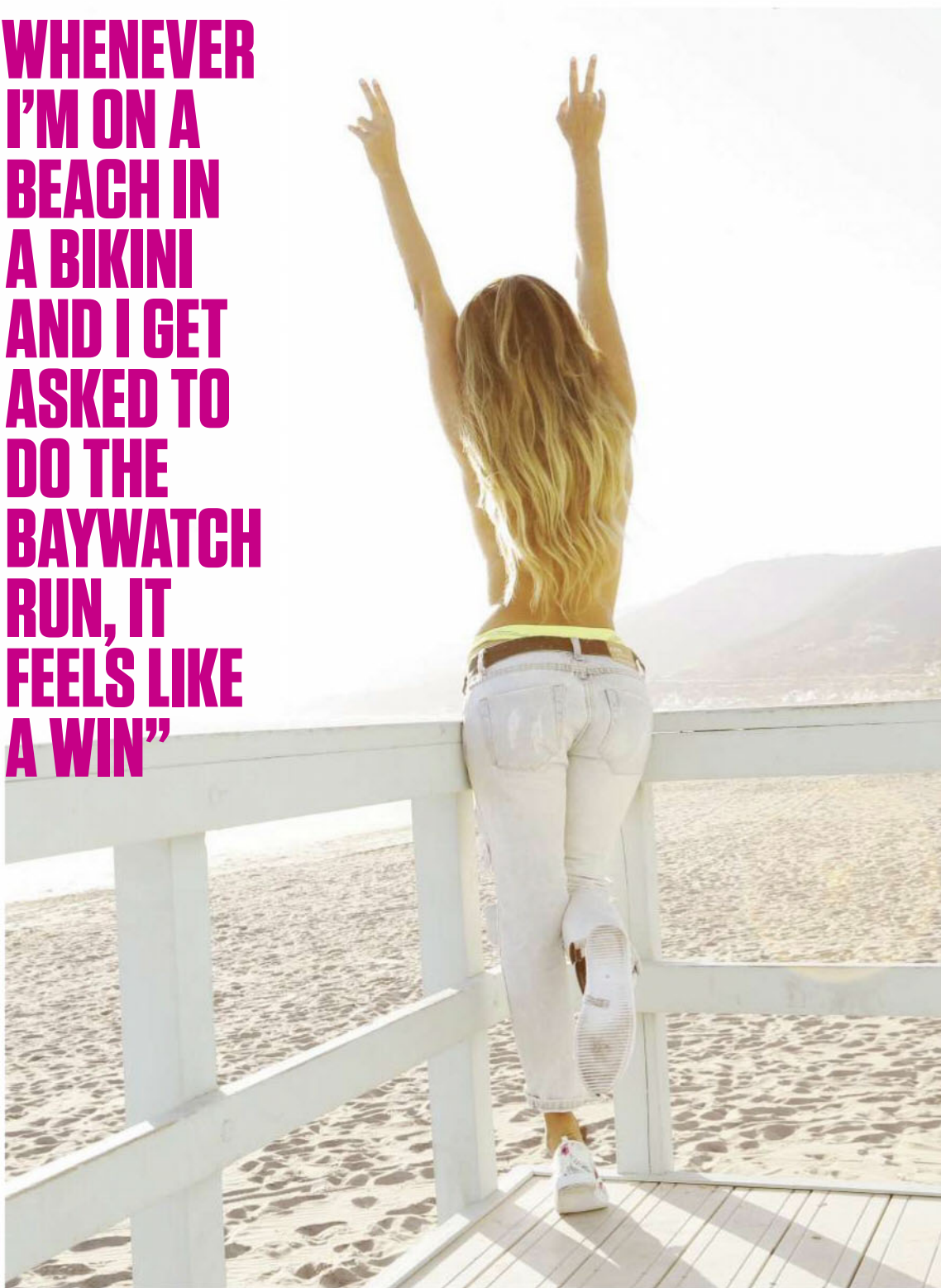
## GET IN SHAPE

● Don't feel overshadowed by the surfer bros with their rippling guns. "People think you need big arms for surfing but it's all about your core strength and back. Exercise your abs and trapezius for a real beach body."





**“WHENEVER  
I’M ON A  
BEACH IN  
A BIKINI  
AND I GET  
ASKED TO  
DO THE  
BAYWATCH  
RUN, IT  
FEELS LIKE  
A WIN”**







Words: Matt Blake

---

# DEATH

## OF A BRITISH SOLDIER

---

**K**osta Scurfield left his native Yorkshire in December last year to go to war. But the young Royal Marine had no plans to fight for Queen or country. He was answering a louder calling: to join the growing influx of foreign freedom fighters helping Kurdish forces destroy Isis in Syria and Iraq. Four months later he would be dead. But who was he? And why did he give his life for someone else's war?

---

# “Why the fuck is that American guy even here, man?”

grumbled  
Kosta  
Scurfield as  
he cleaned  
his M16 rifle

by the side of the road leading out of Tel Hamis, northern Syria. A Yorkshireman, he wasn't one to mince his words. "I'm sick of these foreign fighters coming over thinking they know it all. They fuck about, don't listen to the Kurds and are making it more difficult for us to defeat Daesh [the universal name in the Middle East for Isis]."

It was the morning of 1 March 2015 and Macer Gifford, a 28-year-old former Young Conservative from Oxfordshire, had bumped into the ex-Royal Marine on the road back from the frontline. "He looked shattered after fighting all through the night," recalls Gifford. "But he seemed well."

The friends discussed the war and other Westerners who, like them, had joined the Kurdish People's Protection Units (YPG) to help drive Isis out of Syria and Iraq. "He hated this one gung-ho American in my unit who had no real understanding of what we were trying to achieve with the YPG," says Gifford. "He had no time for people who didn't believe in the cause."

The conversation lasted a few minutes before Gifford's unit moved out. "I waved him goodbye and left him cleaning his gun," remembers Gifford. "That was the last I saw of him. He was killed the next day."

Scurfield became the first British national to die fighting Isis just after 8pm on the crisp evening of 2 March 2015. The 25-year-old from Barnsley had been there since December with a multinational outfit of fighters loyal to the YPG. Their mission that night was to shuttle injured fighters and refugees to safety from Xizêla, a small village on the outskirts of Tel Hamis, which, until recently, Isis had overrun. From accounts given to Gifford and Scurfield's family by those who were there, *FHM* has pieced together what happened next.

Scurfield, in an armoured truck with two Kurds and an Iranian Christian named Maziar, drove carefully through the fading light, guided by muffled radio communications sent by their comrades waiting for them about a mile behind the town. As the sun fell, the cold crept in.

The attack came, as they usually do, without warning. A rocket-propelled grenade (RPG) streaked into sight and slammed into the ground next to the vehicle, tearing a hole the size of a grapefruit into its side. Shrieks of "Takbiri!" and "Allahu Akbar!" rang out as a swarm of Isis fighters opened fire from behind a nearby wall. Muzzles flashed and automatic-weapon fire ripped over Scurfield and his Kurdish friends' heads.

Maziar shot back from the machine-gun turret mounted on the back of the truck and the driver put his foot down. The quiet evening had come alive with the thunder of war.

They reached the Kurdish line in minutes. A support crew helped unload the wounded and the team turned back to rejoin their *hevallos*, the Kurdish word for brothers. They'd soon return to rearm, again and again, back and forth. During one run, Maziar was shot in the hand, so he could no longer operate the turret gun. Typically, Scurfield was first to volunteer to take his place.

"Kosta was under the most horrendous fire," Gifford tells *FHM* when we track him down on his mobile phone in a trench in Syria, "Bullets were flying everywhere, mortars were going off, RPGs whizzing in every direction. Yet, each time they stopped to rearm, it was Kosta thanking everyone for their help and spurring them on."

At one point, Gifford later heard, Scurfield turned to another Westerner helping to rearm and exhaled, "Fuck me, this is unbelievable, the fire that's going down; I'm going to get shot here." They would be the last words he'd say in his native tongue.

"It happened during the final run," says Gifford. "Kosta was in the rear of the vehicle



firing both his machine gun and numerous RPGs and, all of a sudden, a missile struck the front of the vehicle."

For the first time since battle erupted, Scurfield's gun fell silent. The driver managed to limp the truck back to safety where YPG fighters rushed to help. "They pulled out three Kurds," says Gifford. "One was bleeding from his ears, another was unconscious and the driver had a bad head wound. When they pulled Kosta out it was too late; he'd been hit by shrapnel. One of the most extraordinary men I've ever met had already gone."



**AS A 15-YEAR-OLD, LEFT, SCURFIELD DREAMED OF BEING AN ACTOR. RIGHT, AT HIS ROYAL MARINES PASSING-OUT PARADE**

**V**asiliki, Scurfield's Greek-born mother, finds comfort in a single fact: that it took him two minutes to die. "My worst nightmare, every minute he was out there," Vasiliki tells us when we visit the family home in Barnsley, North Yorkshire, in April, "was that my son might die slowly calling for his mother; that he might have time to regret his actions."

Scurfield's father, Chris, travelled to Syria to repatriate their son in mid-March. But Vasiliki could not say goodbye without seeing her son one last time. She had to know the brutal truth. They identified the body together. "It was bad," she says. "There was catastrophic damage to his chest and a couple of pieces of shrapnel had hit his head. But he wasn't disfigured – there was only a bit of bruising on the left side of his face."

Scurfield's parents learned of their son's death not from the British Foreign Office, but from a journalist. After all, he had not travelled to Syria with his government's blessing – the Foreign Enlistment Act 1870 makes it illegal for any Briton to join a foreign army at war with a state at peace with the UK. Instead, he gave back his green beret and smuggled himself into the war-ravaged country alone. Royal Marines who served with him in Britain described him as a "one-man army" who "found his true calling with the Green Berets". Yet he died in the arms of a Kurdish guerilla fighter, 2,216 miles from home. He wasn't in a military-grade tank with RAF air cover or advanced medical support. No, his final hours were spent in a rickety pick-up truck with a jam-prone black-market weapon in his hands.

The question is: why weren't the Royal Marines enough for Scurfield? And why – when he was so proud of his Green Beret – did he sacrifice his life for someone else's war? His mother says he wouldn't have had it any other way.

**K**onstandinos Erik Scurfield was born on 22 September 1989 in Northallerton, North Yorkshire, to Chris, an archaeologist and Vasiliki, a teacher and author. Two years later his sister was born, then a brother came four years after that before his youngest sibling, another brother, followed in 1999 (we've withheld their names for security reasons).

Vasiliki and Chris don't remember the "one-man army" that his old comrades describe. They didn't know *that* Kosta. Instead they remember the three-year-old who, after his mother taught him to prepare cereal, got up at 6am every morning to make his baby sister breakfast. They remember the five-year-old who couldn't bear to leave an injured jackdaw to die in the road so brought it home to care for it. Better than that, they remember the wide-eyed school leaver who dreamed of becoming an actor and spent the summer after his drama BTech at clown school.

"He even got a bit-part on *Hollyoaks*," Vasiliki beams, turning to Chris. "He was on TV, wasn't he?" Chris smiles and nods. "When Kosta set his mind on something, he wouldn't give up until he



**SCURFIELD, FRONT, WITH THE LIONS OF ROJAVA. AUSTRALIAN ASHLEY JOHNSON, FAR LEFT, DIED A WEEK BEFORE SCURFIELD**

made it happen. He was stubborn like that, especially as he got older."

Growing up, Scurfield was rarely cowed by authority. Vasiliki remembers neighbours complaining that her son had been hedgehopping through their gardens with his best friend, Matt. He was a boy who got things done. In Barnsley, for example, he hired an allotment where he grew tomatoes and kept chickens.

By 19, Scurfield had grown into 6ft 4in of towering brawn. He took up boxing and weightlifting. His world view was evolving, too. "He didn't tolerate apathy or people who weren't aware of what was going on in the world," Vasiliki remembers. "He'd get this silly grin on his face when you said something stupid or you wanted to challenge him."

Shortly after his 20th birthday, he announced that he was planning to walk to Greece to do national service (his Greek roots made him eligible). "He left with barely any money," Chris recalls. "I was furious. What if he got into trouble?"

Their frustration at their self-searching son was compounded when they received a collect call from Venice begging for cash because he'd given his last pennies to a beggar.

"We couldn't help because of the recession," says Chris. "To say I was pissed off is a bit of an understatement." Still, Scurfield found his own way and spent six months with Greece's Hellenic Army.

"He found it so boring and wanted to come home," Vasiliki tells us. "They kept giving him sentry duty and wouldn't let him box."

Chris laughs, "They tried to stick him in a tank but he didn't fit – he was too tall."

**T**he boy they knew came home a man. He no longer dreamed of a career on stage; now his sights were on the theatre of war. "I was horrified when he said he was joining the Marines," Vasiliki says. "I didn't think Kosta was suited to the military; his gentleness, his interest in the arts – he liked poetry and nurturing."

But there was no reasoning with Scurfield. "It caught his imagination," says Chris. "He researched what he wanted to do and which company he wanted to be in and off he went."

In four years with 45 Commando, based in Arbroath, Scotland, Scurfield never saw battle. Britain was pulling out of Afghanistan when he joined and was no longer deploying fresh



meat. Still, he excelled, specialising in battlefield medicine. One former colleague we spoke to, Patrick, described Scurfield as a "colossus of a young Marine, ruthless, but with a heart of gold".

"I remember doing a close-quarters battle package with him," he told us. "We were using Simunition [training ammunition] but it still frigging stings when you get shot. I also remember feeling apprehensive because [Scurfield] was playing the enemy that day... I was right to – I still have the marks to prove it."

**M**eanwhile, a new menace was rising from the rubble of Syria's civil war. Thousands of young Muslim men and women from all corners of the planet (including some 1,600 from the UK) were answering Isis's drum call to establish an all-powerful Islamic state in the heart of the middle east with religious, political and military authority over all Muslims worldwide. Their master plan was simple: to crush anybody who stood in their way. Stories of the group's barbarity were beginning to trickle into Western media. Videos appeared on YouTube of aid workers being beheaded, soldiers burned alive in cages and "infidels" executed by bazooka. Scurfield watched them, like the rest of us, with horror. His horror, though, turned to action.

"He went to his commanding officer to ask if Britain was going to Syria to fight Isis," says Vasiliki. "When he was told no, he couldn't comprehend it. He grew up on a diet of 'Let's save the Kurds from Saddam Hussein' or 'Let's save all the women in Afghanistan from the Taliban.' There was a constant feed of propaganda from the British government over why we went to those wars, so when he was told, 'Oh no, we're not going to Syria', he was frustrated. He's always been the kind of kid who never expected other people to do things for him: if something you want is not happening, get off your bottom and do something about it."

Scurfield told his mother he was going to war on Christmas Day 2013, while driving to a family get together. "Mum, I want to go to Syria and help," he told her. "The Kurds are dying and our government's doing nothing."

At first, Vasiliki thought he was joking. "I said, 'Yeah, if you've got no shoes and no coat and some Englishman tells you he cares, what are

you going to say? Oh, thanks for that." That silly grin she knew so well was already creeping across Scurfield's face. "Mum," he replied, "I'd give them *my* shoes and coat."

True to his word, Scurfield resigned from his commission in September last year. Through Facebook, he contacted a YPG recruiter and, within weeks, was on a plane to Iraq where he was swiftly picked up by Kurdish spies and smuggled into Syria. Paid only in cigarettes (Scurfield didn't smoke), his unit was promptly dispatched to the under-siege city of Sinjar, where battle was raging.

**S**curfield soon found himself holed up with three US Army veterans, Jordan Matson, John Foxx and Matthew Kowalski, and

## "BRITAIN ISN'T DOING ENOUGH TO COUNTER THIS THREAT TO OUR COUNTRY"

JAC HOLMES

Australian soldier Ashley Johnson. "We were under constant fire for a month," Kowalski tells us from his home in Florida. "We were sleeping through gunfire in bombed-out buildings, 50 metres from the Isis line, moving in tunnels, running for cover every time a mortar fell."

Isis attacks usually came at night. Dressed all in black, they would swarm over walls, illuminating the dark with gunfire. "We were heavily outnumbered but managed to hold them back each time, aiming at their muzzle flashes,"

**SCURFIELD, TOP LEFT, AND HIS UNIT ATE AND SLEPT UNDER CONSTANT ISIS GUNFIRE WHILE DEFENDING SINJAR**



IN THE YPG,  
SCURFIELD FOUND A  
PURPOSE THAT  
THE BRITISH  
ARMED FORCES  
NEVER GAVE HIM



adds Kowalski. "We knew that if they pushed hard enough we'd be overrun, so we agreed to not let anyone get captured; that we would die fighting together, no matter what."

Weeks passed and no one was captured.

"Day to day, we held our line," adds Kowalski. "Kosta built a makeshift gym to keep us fit and cooked most of our meals. I have this image of him laughing while chopping frozen chickens on an Isis helmet, bombs going off in the distance. He could even make tinned meat taste good."

The day Kowalski was shot it was Scurfield, he says, who saved his life. "Rounds were flying everywhere when a bullet went through my thigh," he says. "While I was fighting to stay conscious, Kosta and an American named Cudi stemmed the bleeding, loaded me on to a makeshift stretcher and carried me 300 metres under constant fire to an evacuation vehicle. If it hadn't been for them, I would not be here today."

He remembers the last conversation he had with Scurfield before he blacked out. "He was joking, asking me how it felt to be shot and if I was happy that I could go home," he adds, his voice beginning to tremble. "The last thing I saw before I passed out was Kosta sprinting back to

the frontline. I had no idea that would be the last time I saw my friend."

**M**any soldiers who leave their country's armed forces eventually make the difficult transition into civilian life. Others never quite get there, ending up depressed, drug-addled and on the streets. Then there are a few who – missing the adrenaline and Hollywood glamour of battle – head overseas to take up arms again in someone else's war – like, perhaps, the American Scurfield hated so much.

Even the war itself has shades of the film *Mad Max*. One side, Isis, is formed of bands of bloodthirsty warmongers who publicise themselves with grisly public slayings and maraud across the desert in convoys of pick-up trucks and souped-up suicide-bomb cars. On the other side, Brits, Americans and other young men, such as Scurfield, are crowding in to defend what they see as civilisation itself.

There are estimated to be around 100 foreigners in YPG – whose Facebook page urges people to help "send terrorists to hell and save humanity" from Isis – from the UK, France, Spain, Austria, Australia, Denmark, America and Canada. Only a handful are thought to be British.

"We need to pick a side," Jac Holmes, a

## "WE AGREED TO NOT LET ANYONE GET CAPTURED; WE WOULD DIE FIGHTING TOGETHER"

**MATTHEW KOWALSKI**

22-year-old IT specialist from Portsmouth who has been fighting in Syria since February, tells us from an internet cafe near the Turkish border. "Isis won't stop until they have destroyed everything Western civilisation has built for the past 1,000 years. They rape, they murder and, as a nation, Britain simply isn't doing enough to counter this threat to our country."

"We don't even need troops on the ground here," Gifford elaborates from the trench. "What Isis has found in the YPG is a meat grinder that is chewing up their fighters faster than they can



send them to us. [Britain] needs to double the number of bombing raids against Isis. We then need to offer full diplomatic support to the YPG. If we want this war to end we need to build stronger relationships with those fighting and make sure the right support is given. It's only through unity that we can destroy Isis and build a new future for Syria and the Middle East. Kosta believed this as much as anyone."

It would be easy to paint Scurfield as a bloodthirsty adrenaline junkie. But the conversations he had and the Facebook posts he wrote (he linked to newspaper articles about Ancient Greek art and, in a nod to his future plans – and even a prophecy of his death – he changed his profile picture to a painting of Lord Byron, the British poet who died volunteering for the Greek War of Independence), point to a motivation more profound.

As one friend and former British soldier put it, "He wasn't just bored and looking for something to do, he thought it was his duty to humanity. He knew people needed him. And he knew the danger he was putting himself in."

In the Kurdish forces, Scurfield found an organisation that was far more inclusive and diverse than that of the alienated Muslim boys who have flocked from London, Paris and Vienna to join Isis. He also found a purpose that the British Armed Forces never gave him.

"He died doing what he wanted to do," Vasiliki tells us. "For the last two weeks before he left, he was so relaxed and happy. And you can see in the pictures of him out there how comfortable he is in his own skin. His life had a purpose and he will be happy that his death did, too."

Last September, before he left for war, Scurfield posted this on Facebook: "How can we expect righteousness to prevail when there is hardly anyone willing to give himself up individually to a righteous cause? Such a fine, sunny day, and I have to go, but what does my death matter, if through us, thousands of people are awakened and stirred to action?" These were the last words of Sophie Scholl, a 21-year-old anti-Nazi activist who, in '40s Germany, handed out leaflets condemning Hitler's war. Moments after she said them, she was led out to her execution and beheaded. **FHM**

*Vasiliki Scurfield has launched a petition to urge the British government to support the Kurds against Isis. Visit [kostasolivetree.blogspot.co.uk](http://kostasolivetree.blogspot.co.uk)*

## REBELS WITH A CAUSE

*Kosta Scurfield is far from the first man to have set out to join a foreign war. Here are four of history's most famous ideological warriors...*



### **Marquis de Lafayette** **American Revolution** **(1765 – 1783)**

In April 1777, the 20-year-old French military officer left Paris and sailed across the Atlantic to fight with the Continental Army.

His bravery and leadership caught the attention of soon-to-be president George Washington and the two became lifelong friends.

**He said:** "Such a glorious cause had never before rallied the attention of mankind."



### **Lord Byron** **Greek War of Independence** **(1821 – 1832)**

In 1823, the British Romantic poet joined the Greek War of Independence against the Ottoman Empire. He died of a fever a year later while fighting

in the marshlands of Missolonghi. He was 36.

**He said:** "I don't come here to get involved in politics. I came here to save a country."



### **Ernest Hemingway** **First World War (1914 – 1918)**

In 1918, the 18-year-old American author joined the Red Cross as an ambulance driver in Italy. By the summer, he was at the Italian Front where he was seriously wounded by mortar fire.

*A Farewell to Arms* is based on his experiences.

**He said:** "World War I was the most colossal, murderous, mismanaged butchery that has ever taken place on earth."



### **George Orwell** **Spanish Civil War (1936 – 1939)**

Late in 1936, the acclaimed British author travelled to Spain to fight for the Republicans against Franco's Nationalists. His war came to an end the following year when he was wounded by a sniper's bullet.

He wrote of his experiences in *Homage To Catalonia*.

**He said:** "This fascism... somebody's got to stop it"

# SUMMER'S *Greatest* JOBS



Forget working  
in the bar at a  
caravan site – some  
people are making  
serious hay when  
the sun shines

WORDS:  
**ANTHONY TEASDALE & TOM WARD**  
ADDITIONAL REPORTING:  
**CHRIS WEEDON**







**Nick Ayers**

Age: **24**

Time in present job: **Eight years**

**Being a lifeguard is one of the best jobs in the world.** You can go to the beach at 10am and it's all yours. Though the job's not great for your love life.

**If you're in difficulties at sea, float on your back and wave an arm above your head.** Spend your energy staying above the water instead of moving around. A rip current will take you out to sea, but it'll also bring you back to shore. It's when panic sets in that the submerging happens.

**Reassurance is the best treatment we can give.** When we rescue someone we always tell them a few jokes on the way back to shore.

**I spend six months a year in the UK.**

The other six I spend in the southern hemisphere working on the beaches or for a surf lifesaving club. I've had an endless summer for seven years now.

**When you rescue someone who's close to drowning you see terror in their eyes.** They'll grab anything, so that's why we always carry a float.

**I don't try to be a hero.** I'm no use to people if I'm dead.

**Make sure there's a lifeguard on the beach you're at.** And always swim between the red and yellow flags.

**You can drown up to 72 hours after swallowing just two tablespoons of saltwater.** Your bodily fluids try to flush it out and then it ends up going in to your lungs.

**I only feel danger when I'm further out.** But we're always backed by an RNLI lifeboat and when you hear the roar of the engine you know you're going to be alright.

*The RNLI is launching its Respect The Water campaign in order to reduce deaths off the coast. Visit [rnli.org](http://rnli.org)*

# SPINNING VINYL ON THE *BEACH*

## The Mambo Brothers

Ages: **Christian, 32; Alan, 30**

Time in present job: **One-and-half-years (as a duo)**

**At Café Mambo you'll be with thousands of people clapping as the sun goes down.** That makes for a great memory.

**We like to keep music fun.** It's mostly house music with techy touches, but we have that Balearic influence so it's not too 'darkroom'. We also play stuff from the early 2000s: there were so many good tracks then.

**Ibiza clubs are different.** Here, every single person is on holiday. On the dancefloor, people react to every track – they want to have fun. It's a dream for any DJ to play there.

**Our mum's Scottish, our dad is Spanish, but we were born in Ibiza.** Our accent's crazy, but nobody's perfect.

**The island has changed, but its essence is still the same.** People talk about the new Ibiza, but if you go north there's still a hippy vibe. You can go to a quiet beach and chill with your friends and there's also a sophisticated side with the clubs and restaurants.

**We can't go anywhere this summer.** We're really busy so we can't leave!

**The end of the season is lovely for locals.** We get time off, everyone's happy and people come for one last night out. The vibe is amazing and the weather's still lovely. Though it can be a bit sad as you know you're not going to see some people for five or six months.

**In terms of secret places, we always tell people to go to Formentera.** It's a small island only 25 minutes from Ibiza Town and it has the best beach in Europe. On Ibiza, we have a secret beach called Cala Gracioneta, where we eat food and drink sangria. It's the smallest beach here but the loveliest.

*Catch the Mambo Brothers at Café Mambo, Ibiza. Visit [cafemamboibiza.com](http://cafemamboibiza.com)*







### Chris Ramsey

Age: 28

Time in present job: **Seven years**

**Summer for a comedian is the busiest time.** You spend June and July tightening up your show so when you go to Edinburgh you don't get ripped apart by reviewers.

**Playing Edinburgh is basically how you get good.** You'll not find many comics with DVDs out or with national tours who haven't made a splash here.

**My new show is called *All Growned Up*.** It's about being dragged kicking and screaming into an adult world. It only felt like five minutes ago I was living at my mum's house. Now I've got mortgage bills and I'm married.

**You're constantly evolving, changing and writing.** You're basically working your tits off. But I know people who've dined out on 20 minutes' worth of material for 10 years.

**In the first year at Edinburgh I did a 40-seater venue.** The next year it was an 80-seater, then 150. Then it became a 1,000-seater.

**The Edinburgh Festival is like a trade fair.** Every TV person in the country comes up and will go around to catch whoever's managed to get them a seat. Then people see you, make a bit of noise and you get offers to go on TV.

*Chris has teamed up with Swiftcover for a one-off show at the London Transport Museum on 23 July. Visit [swiftcover.uk/](http://swiftcover.uk/) roadtrip to apply for free tickets*



## David Gower

Age: 58

Time in present job:  
16 years

**In the commentary box, when the action is on, it's all a matter of teamwork.** We get pictures from the director who knows what we want. We can call up replays to justify or amplify what we're seeing.

**We're very lucky.** We're talking about something we know about and something that's given us a lot of pleasure. Long may it last!

**Things are bit different now.** When I played my first games in the mid-'70s for Leicestershire we weren't on 'money' by today's standards. We went to one hotel where they offered us tea and coffee in the morning; there were 12 of us but they only had six cups.

**I like to remain impartial but some of my colleagues have a stronger bias.** Ian Botham is a staunch patriot and sees everything from England's point of view.

**When the season ends, a lot of people will**

**play and coach overseas.** Then there are those who find they have nothing to do for six months and are yearning for the next summer as soon as the last one's finished.

**As a cricketer, you've always got to play well.** The pressure is always on.

**Test cricket is still the ultimate test of a player and a team's ability.** The Lord's Test against New Zealand in May had absolutely everything, with the game swinging from one team to the other. Eventually, on the final afternoon, England won it.

**Facing genuinely fast bowling involves a nerve or two.** You've got to have self-esteem and self confidence to cope with it. Ultimately, you've got to man up.

**Lord's has everything.** It's got the history, the tag as the 'home of cricket' and a lovely feel to it. Walking around the ground in the morning of a Test, there's a buzz to it.

*See Sky Sports cricket analyst David when Sky Sports shows every ball of the Ashes summer, live and exclusive, from 8 July*



PHOTOGRAPHY: MATT FROST FOR SKY SPORTS





PHOTOGRAPHY: LEWIS HARRISON-PINDER

## TEACHING PEOPLE HOW TO SURF

**Gordon Ingram**

Age: **35**

Time in present job: **Eight months**

**I became a surf coach when I was 18.** I then travelled around the world pursuing a career in the ambulance service.

**Most recently I was working as a paramedic in Abu Dhabi.** It's nice to be around sand dunes on the beach instead of in the desert.

**Leaving the safety net of employment was**

**pretty mad.** Quitting the ambulance service to go back to a career in the surf industry was a risk but you only have one life so you might as well make the most of it.

**Giving it all up to spend each day on the beach is the dream.** I was itching to have sand between my toes again.

**I'll never stop being a qualified paramedic.** During the winter I plan to return to doing that as well as jumping in an ambulance to help out wherever I can.

**Cornish beaches are the best.** There are places with more sun in the world but you can't beat a day on a beach followed by fish and chips, and a drink in a British beer garden.

*Ticket to Ride Surf School operates in Newquay and Perranporth. Visit [tickettoridesurfschool.co.uk](http://tickettoridesurfschool.co.uk)*



## Rob Da Bank

Age: **41**

Time in present job: **12 years**

**Bestival runs over three or four days.** But it actually takes an entire year to plan.

**I've got a huge budget to spend on my favourite artists.** That's a dream come true. I've been able to put on Stevie Wonder, Elton John, Kraftwerk, Amy Winehouse, Beastie Boys, The Cure...

**I never hang around backstage.**

Me and my partner Josie are control freaks. We're always out there at 7am checking the toilets are clean, the campsites are OK and the sound systems are good for everyone. It's total non-stop.

**I've got a letter in my house from Elton John.** He wrote it by hand after he played at the festival and it's one of the nicest things I've ever received. He praised the festival and what we're doing. Robert Smith from The Cure was a total gent, too.

**The trickiest thing is trying to tick everyone's boxes.** One person's Amy Winehouse is another's Kylie Minogue.

**A lot of people say they could still have an amazing time at the festival without seeing any bands.**

I know some people who just hang out in the campsite all weekend having a laugh.

**I sort of crave a nine-to-five job.**

I could switch off at the weekend.

**Bestival started as 'Sunday Best' at a bar in Clapham.** It's obviously no longer just 200 people on a drizzly Sunday night in south London but it still has that same magic.

**I've got a classic photo of Stevie Wonder on the Isle of Wight ferry.**

He's going home with a massive smile on his face. That makes it worthwhile.

*Bestival takes place from 10-13 September. Visit [bestival.net](http://bestival.net)*







### Kevin Agius

Age: 25

Time in present job:

**Nine years**

**I've been doing this since I was 16.** I was approached by a guy struggling to fill up his boat who asked me if I wanted to make some extra cash. After the first day I was invited back to the pub where a group of young guys were discussing how much money they'd made that day.

**It's difficult to gauge when to go back to work in spring.** March can be either sunny and busy, or rainy and dead.

**I make as much money as possible in summer so I don't have to work in winter.**

I've been able to go travelling then come back and start working in spring. Rinse and repeat each year.

**This is commission-based and completely freelance.** You don't have to go into work if you don't want to.

**You get paid for how hard you work.** It's very self-motivating. And who wouldn't want to spend all summer floating along a river?

**We once had to rope in this Iranian tout who didn't know how to steer the boat.** He took 12 Japanese tourists out and blagged the whole tour. Two hours later a boat from a different company had to rescue them.

**I worked in a pub briefly before this and it was awful.** I quit after a month because I just didn't like being told what to do.

*Now based in London, Kevin runs The Music Boat, which operates 45-minute, live-music trips from Camden Lock to London Zoo and back again*

# THE BILLION DOLLAR PLASTICINE EMPIRE



How did a little brown lump of Plasticine spawn a money-making movie studio and some of the greatest British films of the past 20 years? *FHM* travels to Bristol to meet the brains (and hands) behind Aardman Animations

Words: Ben Arnold

Photography: Leon Csernohlavek



AARDMAN CO-FOUNDER  
PETER LORD WITH HIS  
OLDEST CREATION





ou don't have to be mad to work at Aardman Animations, but a healthy dash of British eccentricity doesn't go amiss (OK, that might

need work before the stickers are made). But what you do need to be is talented. And not just reasonably talented. You need to be world class.

Over 40 years, Aardman has become the world leader in 'claymation', the art of animation using run-of-the-mill modelling clay first developed around the turn of the 20th century. When a full-scale film like *Chicken Run*, *The Pirates!* and, most recently, *Shaun The Sheep* is being made, there can be dozens of nationalities in Aardman's Bristol studio lot, all drawn from the best animators around the world.

But what's it like to work at the place where they make Wallace & Gromit? Does it feel like a job? And, most importantly, do they have a decent Wensleydale in the canteen? For those who've got a foot in the door, it sounds like a dream come true. That's why *FHM* is here.

To quote Liam Neeson's ultra-violent Bryan Mills in the *Taken*

**“LORD’S OFFICE IS FULL OF STUFF – THERE’S A MORPH BY HIS MAC, BOTTLES OF REAL ALE, AND A BAFTA LOOKING DOWN ON US FROM THE SHELF BEHIND”**

films, to work in Aardman's animation department, "a very

particular set of skills" is required. You need to be an expert sculptor, an actor, an artist, an animator and sometimes a writer, too, all wrapped up in one multi-skilled package.

Unlike Pixar or DreamWorks Animation, say, where characters are dreamed up on screens, Aardman's creations exist in the *real* world.

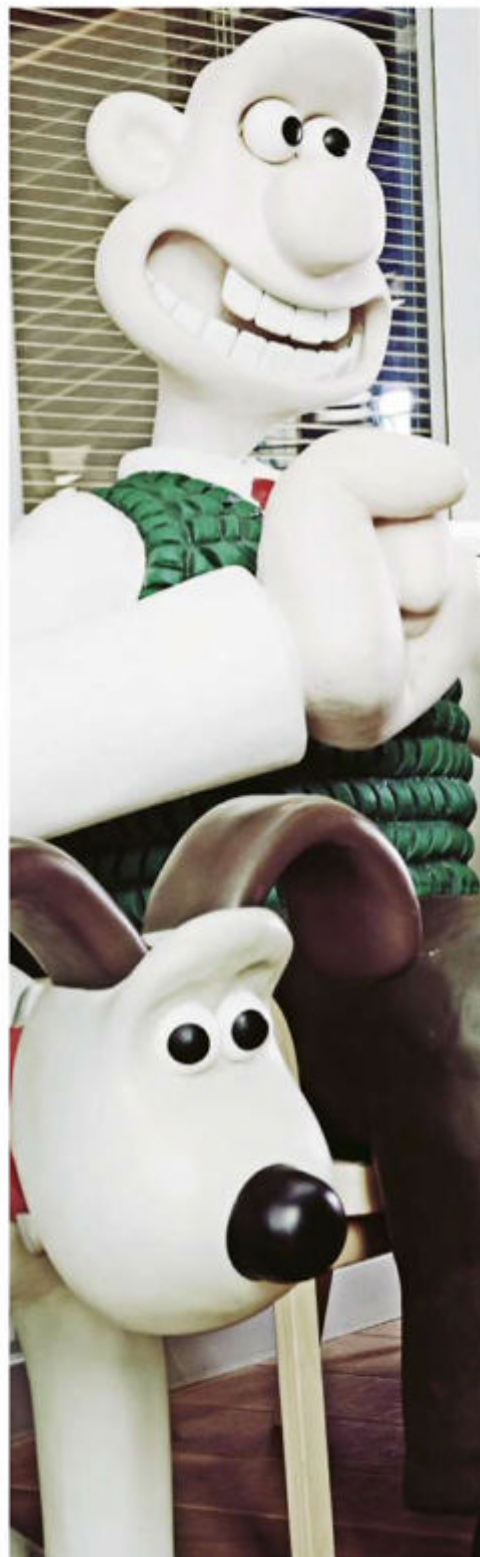
Up close, you can see the fingerprints and the imperfections. And, to this day, it's all still made of that same stuff that used to get stuck to your shoe in the art room at school. Which, incidentally, is where the company grew from in the first place.

Peter Lord, the man who, with schoolmate Dave Sproxton, founded the studio in 1972, has a touch of the mad scientist about him, or at least the mad artist. His office is the penthouse spot in Aardman's upmarket facility on the Bristol harbourside, which replaced the company's previous home – a load of Portakabins stacked on top of each other – in 2009. And it's stuffed full of stuff.

There's a Morph (cheeky Plasticine chap beloved of '80s kids) by his iMac, bottles of real ale, a Bafta looking down from the shelf behind him and, key to all of it, a statue of Ray Harryhausen, the stop-motion pioneer behind the amazing creatures in classics such as 1963's *Jason And The Argonauts* and the original *Clash Of The Titans* from 1981. It was Harryhausen's work that drew Lord to modelling clay in the first place.

"Honestly, I can still recall it," he says. "There's not much I can remember in the cinema with that vividness, seeing these things and thinking, 'Oh my God! What is that? That's not possible!' Now in the days of CGI, no one thinks that, because everything's possible. Back then, I'd never seen a giant, or a walking skeleton or any of those things. You knew it wasn't real, it was an illusion, but it was a super-compelling illusion."

He fetches an old set of scales from a shelf and weighs out a lump







DIGITAL GURU  
DAN EFERGAN  
WITH SOME OF  
AARDMAN'S  
GREATEST HITS

of brown clay. Slowly but surely, as we talk over the next half an hour, it becomes a perfect Morph. It's miraculous to watch, particularly if you grew up watching the little fella on TV.



Lord and Sproxtton were never motivated to make money. "We were just young fellows who wanted to make a living," he says. Dave was laughed at by teachers when he said he wanted to go into the film business, whereas Peter was told by career advisers that he should be a town planner. Luckily, they both took no notice. Starting on their parents' kitchen tables in Bristol, they soon graduated to a back bedroom, then, when they went off to university, various rooms in various flats. Peter thinks it was all to do with timing and a bit of good luck.

"It was all highly speculative. Looking back, you think, 'Bloody hell, that was a strange decision.' Bristol wasn't an obvious place to be." But it was where the BBC were making *Vision On*, a show for deaf children that featured telly artist Tony Hart. Lord and Sproxtton were "seriously skint" at that time and Aardman might have gone belly-up. Courting the Beeb with their now well-honed stop-motion skills, they created a claymation short for the show, which later paved the way for Morph's appearance on Hart's next show, *Take Hart*. The kids loved it, and Morph became a household name.

Advertising work came, too, as did music videos. Aardman worked on the incredible video for '80s star Peter Gabriel's *Sledgehammer* song, accompanying the music with stop-motion sequences of talking fruit, dancing chickens and flying fish. Go and watch it on YouTube – it's a work of chaotic genius.

The company's fortunes changed further when, in 1985, they met Nick Park, a student animator at the National Film and Television School

## MAKING MORPH IN 30 MINUTES





who'd grown up watching *Morph*. They saw his potential and offered him a job as the "office dogsbody". In return, they said they'd help him finish his student film. It was called *A Grand Day Out* and starred his two latest creations: Wallace, a cheese-loving inventor with a 'coathanger' mouth, and Gromit, his whipsmart, silent dog.

Then Park's project *Creature Comforts*, where clay animals animated to real people's voices discussed what it was like living in a zoo, won the company an Oscar for Best Animated Short Film in 1990. Park went from dogsbody to the company's international star in five years, and "rightly so", says Lord.

The Oscar win opened the door to the US and then the world. Park's *The Wrong Trousers*, *A Close Shave* and *The Curse Of The Were-Rabbit* all won Oscars, too. Aardman's bulging trophy cabinet also boasts three Emmys and 13 Baftas and, to date, its movies have grossed nearly \$1 billion (about £600 million) at the box office.

B

ut it's not just animators who have flocked to the company. Helen Argo started out

on reception 16 years ago. She's now an executive producer on short projects and adverts, a key chunk of the company's business outside films and TV. "There's never been a time when I think, 'Ugh, I don't want to go to work,'" she says, sitting in the company's plush screening room.

Aardman holds film and beer nights here for employees after work. The last one was a screening of Manga classic *Akira* (complete with servings of sushi) and next up is *Pulp Fiction* with burgers. It sometimes uses the massive screen for gaming nights, too.

"I don't want to sound too schmaltzy, but the work is fast-paced and there's nothing formulaic about it," says Argo. "It's got that really exciting nature. And there's the opportunity to work with different characters. You feel very loyal to it."

## "THE SMELL OF PLASTICINE IN THE STUDIO BLOCK TAKES YOU RIGHT BACK TO BEING A KID AGAIN IN A SCHOOL ART CLASS"

That loyalty hasn't been an obstacle to Aardman looking further afield for partners. A lucrative deal with Steven Spielberg's DreamWorks in 1997 resulted in *Chicken Run*, which featured Mel Gibson in the voice cast, and then *Flushed Away*, which aped Aardman's look, but in CGI. The latter movie failed to bring in sufficient cash and the companies parted ways. Then, with major studio Sony, Aardman made *Arthur Christmas* and *The Pirates! In An Adventure With Scientists*. Park's next project, *Early Man*, has just been announced.

Sitting with *FHM* in the Aardman canteen ruminating on this is Dan Efergan, a self-confessed 'futurist', who is among those driving the company forward. He's the group creative director of digital, the part of the business that is harnessing fans of Aardman's characters online and on other platforms. He's been at the company for eight years.

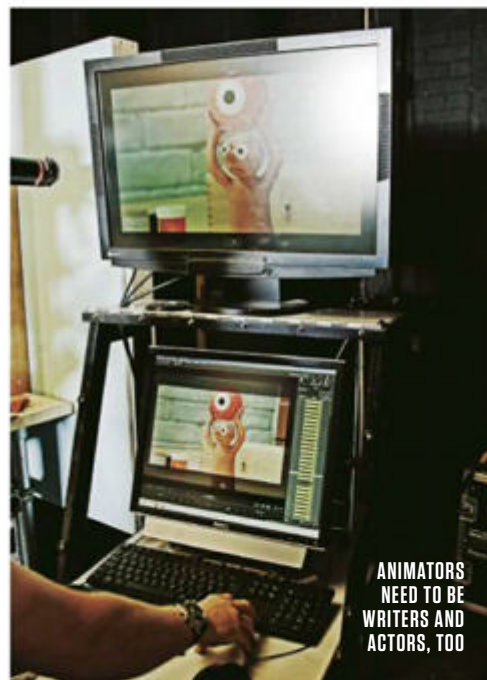
"We're trying to look for new homes for characters," he says. "To find out where else they can exist." Aardman has now started building its own app games featuring characters such as Shaun and Timmy, its two famous sheep.

"People probably think Aardman is like a shed, and there's a few people in it drinking tea," he says. "But it's not – it's a big building,

although it's a very flat company. Everyone hangs out with everyone else. We've fought against going to London to stay in Bristol, and that suits our personality. We try to be true and say what we think, and not be pushed by trends. But I'm still a bit in awe. We had some stop-motion for the last *Shaun The Sheep* game we did. A guy came in to do it, and I later found out he was the inventor of *The Trap Door*. I was like, 'Oh my God.'"

Entering the facility's studio block is a feast for the senses. Firstly, it smells *just* like the art department at school and, though it seems like it's stating the obvious, the smell of Plasticine takes you right back to being a kid again.

In the workshop, there's a row of dismembered Wallace legs on a bench, and on the wall at the back of the room are a selection of Angry Kid faces. Under the worktops are cupboards upon cupboards stuffed full with packets of modelling clay in all the colours you could imagine. Because the people who make it don't have a strict policy on colour accuracy – and Aardman very much



ANIMATORS  
NEED TO BE  
WRITERS AND  
ACTORS, TOO



FROM PIRATES TO CHICKENS, AARDMAN'S STUDIOS ARE PLASTICINE HEAVEN

does – it means that technicians have to mix clays together to get exactly the right colour for Morph, say, or Wallace's trousers, so that it's the same every time. Exactly the same. When they're making films, it means putting together vast quantities of the right coloured clay

**“AARDMAN USES A BUBBLEGUM MIXER TO GET THE RIGHT COLOUR OF CLAY – ANOTHER THING THAT MAKES IT FEEL SO BRITISH”**

for all the characters in advance so that they never run out. Aardman uses a massive bubblegum mixer that was bought second-hand from Wrigley to do the job. Though it's really small in the grand scheme of things, it's a solution that somehow speaks volumes about what they do here. It's that sort of make-do attitude that makes Aardman feel so British. In the US, a couple of million would probably have been dropped in development on a bespoke machine. But not here.



Aardman is the domain of people like Merlin Crossingham. He's been at the company for 20 years, and is now the creative director of *Wallace & Gromit* and the director of *Morph*, a new series of which was brought into being following a Kickstarter campaign for new one-minute shorts that

raised more than £110,000 from fans. Crossingham grew up watching *Morph* on TV in the '80s, and now he's forming him out of clay and writing the storyboards.

“We didn't even have a telly when I was young,” he says. “I'd go around to a friend's house to see *Morph*. It was something you looked forward to.” He stresses the importance of having to act, as well as sculpt and animate. “You've got to make this thing live. If you think of it as a blob of clay, it will always be a blob of clay. You have to get in there.”

Starting at Aardman is difficult. Claymation animators are a small group within an already small group of those who work in the field of stop-motion. The work is also amazingly time-consuming, so patience is key. Output during film-making can be just a few seconds a day. Interestingly, Crossingham says that an unusually high percentage of





animators drive high-powered motorbikes, himself included. Make of that what you will.

"You have to learn when to stop," he says, adding that new animators tend to over-animate to start with until they get more nuanced in their work. "It's a confidence thing. I can draw, but I'm not a natural draughtsman. If I picture something in my head I can sculpt it in my hands, but great draughtsman can think of something and draw it. It flows out of their pencil. I can't do that. But I can do it with clay. We just think that way here."

Crossingham joined on an apprenticeship, after working as a runner on *A Close Shave*. "I don't really know what a real job is. You're constantly working with people who are really good at what they do here – it's great inspiration."

Why Aardman's creations have become so successful, Crossingham says, is "the

million-dollar question". *Shaun The Sheep*, for example, thanks to the fact that it doesn't have to be redubbed in different languages, is sold to more than 170 countries. "We make things that make us laugh. We don't go out of our way to say it's handmade, but it clearly is. You can see the thumbprints on the characters. There's an honesty to the films we make, and I think audiences connect with that."

Since those days working on kitchen tables and back bedrooms, Aardman has become a very British success story, dallying with Hollywood, but ultimately preferring home and, in particular, Bristol.

"We demonstrated that other ways of working were possible," says Pete Lord as he fixes two white eyes on the perfect Morph he's just made. "We do things our own way, as far as we can. I'm slightly shying away from using 'eccentric'. But I think it's exactly the right word." **FHM**

## AARDMAN'S GREATEST HITS

### WALLACE AND GROMIT

**BORN:** 1990

**NEED TO KNOW:** *Wallace*, originally voiced by Peter Sallis, is now voiced by Ben Whitehead

• Created by Nick Park, every Wallace and Gromit adventure has won a Bafta and been at least nominated for an Oscar.



### SHAUN THE SHEEP

**BORN:** 1995

**NEED TO KNOW:** A spin-off from Wallace and Gromit, who first appeared in *A Close Shave*

• Now a hit in its own right, *Shaun The Sheep Movie* has raked in \$54 million at the box office (with a US release still to come) and 100% positive critic reviews on Rotten Tomatoes.



### CREATURE COMFORTS

**BORN:** 1989

**NEED TO KNOW:** *The short* earned Nick Park his first Oscar

• Another Nick Park creation, *Creature Comforts* featured a selection of animals – including elderly tortoise Frank – voiced by ordinary members of the public talking about ordinary stuff.



### MORPH

**BORN:** 1977

**NEED TO KNOW:** *Morph* is able to change shape – hence the name

• Like a Plasticine version of Bez from the Happy Mondays, Morph gets up to all sort of nonsense – often in the company of his paler mate Chas. Now remade for 2015.



### CHICKEN RUN

**BORN:** 2000

**NEED TO KNOW:** *Chicken Run* grossed more than £147,000,000 on release

• Britain's most successful poultry-based film, *Chicken Run* follows a load of chickens trying to escape the confines of their POW camp-style farm.







GET FHM IN  
ITS UNIQUE  
NEW FORMAT



SUBSCRIPTIONS

**Want to digest FHM more  
easily and on the move?  
Want to save loads of money?  
Then you need to treat yourself to the  
exciting new compact-sized magazine – so  
convenient you never need to part ways.**

**Get 12 issues of  
mind-blowing reading  
material for just £25 –  
saving you over 47%  
off the shop price.**

**Convenient new size.  
New easy way to pay.**

**Text FHM2015 to 78660\***  
**We'll send you your unique code to  
activate your subscription. Easy peasy.**

*OR ORDER THE OLD-FASHIONED WAY*

**Subscribe at [fhm.com/subs](http://fhm.com/subs)  
or call 01858 438884**

**Quote EBAA**

Terms and conditions: Offer valid for new UK subscriptions only. Costs from landlines for 01 numbers per minute cost between approximately 2p and 10p. Costs from mobiles per minute cost between approximately 10p and 40p. Costs vary depending on the geographical location in the UK. You may get free calls to some numbers as part of your call package – please check with your phone provider. \*For text orders, payment will be made through your mobile-phone provider. E-Money issuer: Boku Account Services Ltd. Subscription available through the following networks: O2, Vodafone and EE, including T-Mobile and Orange. Please visit <http://www.boku.com/terms/e-money> for full terms and conditions. Offer ends 5 August 2015.

# style news

08/15



BRIT COLLAB

## PURE EXCELLENCE

When a British heritage brand that excels in using high-quality fabrics collaborates with another that has been making top-spec motorbikes for 130 years, it could only ever be a bloody beautiful thing.

From the leather jacket so heavy even Arnie would have trouble picking it up to the jeans you'll have

trouble parting with even when they need a good old wash, the Barbour International and Triumph Motorcycles collection doesn't disappoint.

Quite frankly, you can throw on any piece from this collab and it'll add instant cool to your look.

*Jacket, POA; jumper, £109; jeans, £149, all barbour.com*



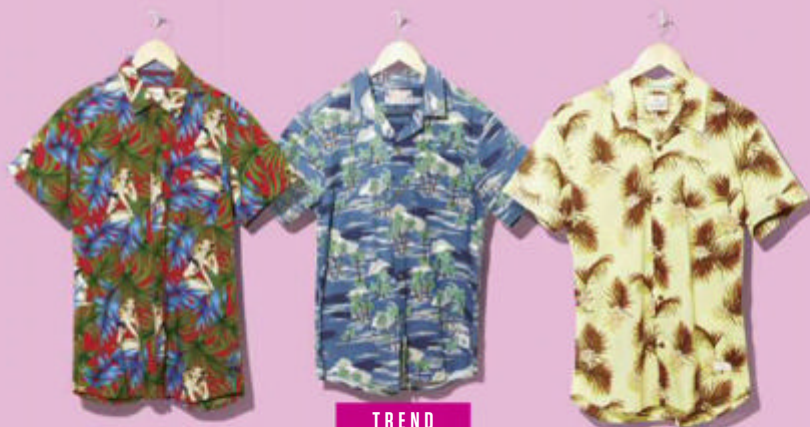
## PRINTS

## NEW ERA X LIBERTY

Liberty never fails to surprise us with who it chooses to lend its range of prints to, and now lifestyle brand New Era has got in on the act.

With the addition of a floral print to sections of its snapbacks, tees and basketball tops, this is the epitome of summer steeze. It's bold without being in your face and looks great no matter what you match it with.

Tee, £30; cap, £30; shirt, £80, all [neweracap.eu](http://neweracap.eu)



## ALOHA SUMMER

Trust us on this one: Hawaiian shirts are no longer for uncool dads on holiday in Europe. This summer, your go-to shirt should be covered in palm trees or hibiscus flowers and worn

undone with a white tee, chino shorts and a shed load of 'I'm the man' style. (l-r) £29.95, [joebrowns.co.uk](http://joebrowns.co.uk); £28, Bellfield at [asos.com](http://asos.com); £69.95, [scotch-soda.com](http://scotch-soda.com)

## BOOKS

## GET STUCK IN

Wasting hours lying in the sun is how we plan to spend the majority of the summer. But we'll be swotting up on all things stylish with a good read while we do it: these heavyweights aren't made to just sit on a coffee table...



*Icons Of Men's Style, £19.95, [urbanoutfitters.com](http://urbanoutfitters.com)*



*Menswear Illustration, £19.95, [urbanoutfitters.com](http://urbanoutfitters.com)*



*Original Man, £25, [urbanoutfitters.com](http://urbanoutfitters.com)*

style

# CARRY ON IBIZA

***Don't sweat the 20kg hold-luggage limit: every man can live off his hand baggage alone. Follow our capsule wardrobe rules for perfect holiday style...***

*Pack everything into your carry-on case – you don't want a £40 charge for a backpack full of chewy sweets*

*A 90ml bottle of aftershave is small enough to get through security*

*EasyJet allows you one 56 x 45 x 25cm cabin bag including handles and wheels*

*Hand luggage still has a weight limit, but if you can lift it you should be fine*



**Photography: Dom Fleming Styling: Daisy Deane Styling assistant: Carlotta Constant**





Hoodie, £52, [nike.com](http://nike.com). Trousers, £70, Champion X Todd Snyder at [selfridges.com](http://selfridges.com). Cap, £34.95, The Quiet Life at [urbanindustry.co.uk](http://urbanindustry.co.uk). Trainers, £79.95, [urbanindustry.co.uk](http://urbanindustry.co.uk). Rucksack, £70, [penfield.com](http://penfield.com). Suitcase, £295, [tedbaker.com](http://tedbaker.com)

*Wear warm, comfy  
clothing for the flight –  
that air-conditioning can  
get goddamn cold*







Shorts, £31.95, Huf at [urbanindustry.co.uk](http://urbanindustry.co.uk).  
Sunglasses, £99.99, Raen at [surfdome.com](http://surfdome.com)

Opposite: Shorts, £15, [burton.co.uk](http://burton.co.uk). Towel,  
£31.99, Billabong at [surfdome.com](http://surfdome.com).  
Sunglasses, £99.99, Raen at [surfdome.com](http://surfdome.com)

*A pair of boardies dry  
quickly so your balls won't  
get chilly after you've  
had a splash about*

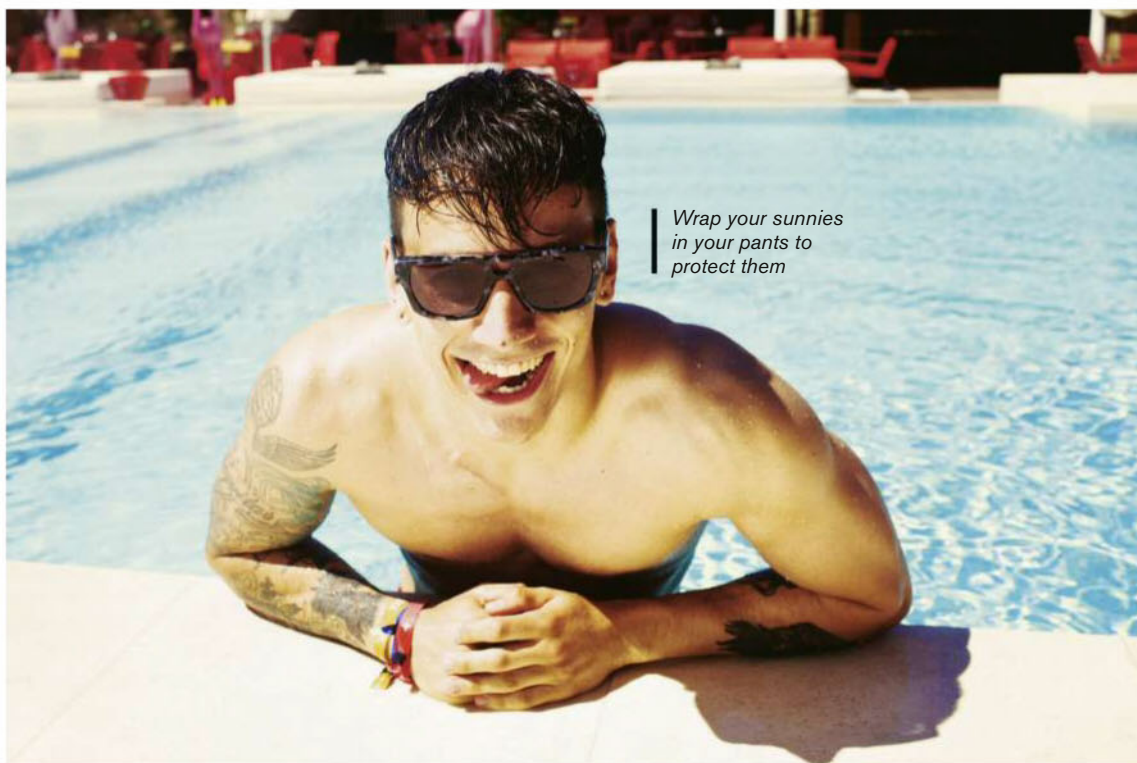




*Swimmers don't take up much room in your case; roll them up and shove them in a shoe*



*Wrap your sunnies in your pants to protect them*





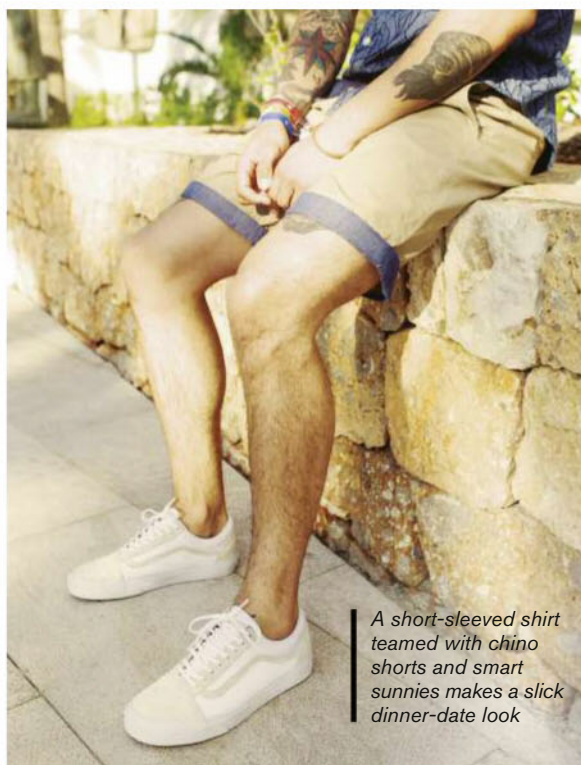


Denim shorts are a no-brainer, perfect for eating out, exploring and clubbing



Left: Shirt, £82.04, New at [stylight.co.uk](http://stylight.co.uk). T-shirt, £6; shorts, £20, both [burton.co.uk](http://burton.co.uk). Hat, £27.95, Huf at [urbanindustry.co.uk](http://urbanindustry.co.uk). Sunglasses, £88, Police at [sunglasses-shop.co.uk](http://sunglasses-shop.co.uk). Sandals, £55, [teva.co.uk](http://teva.co.uk)

Right: Shirt, £25; shorts, £20, both [burton.co.uk](http://burton.co.uk). Sunglasses, £70, [tedbaker.com](http://tedbaker.com). Trainers, £65, [vans.co.uk](http://vans.co.uk)



*A short-sleeved shirt teamed with chino shorts and smart sunnies makes a slick dinner-date look*



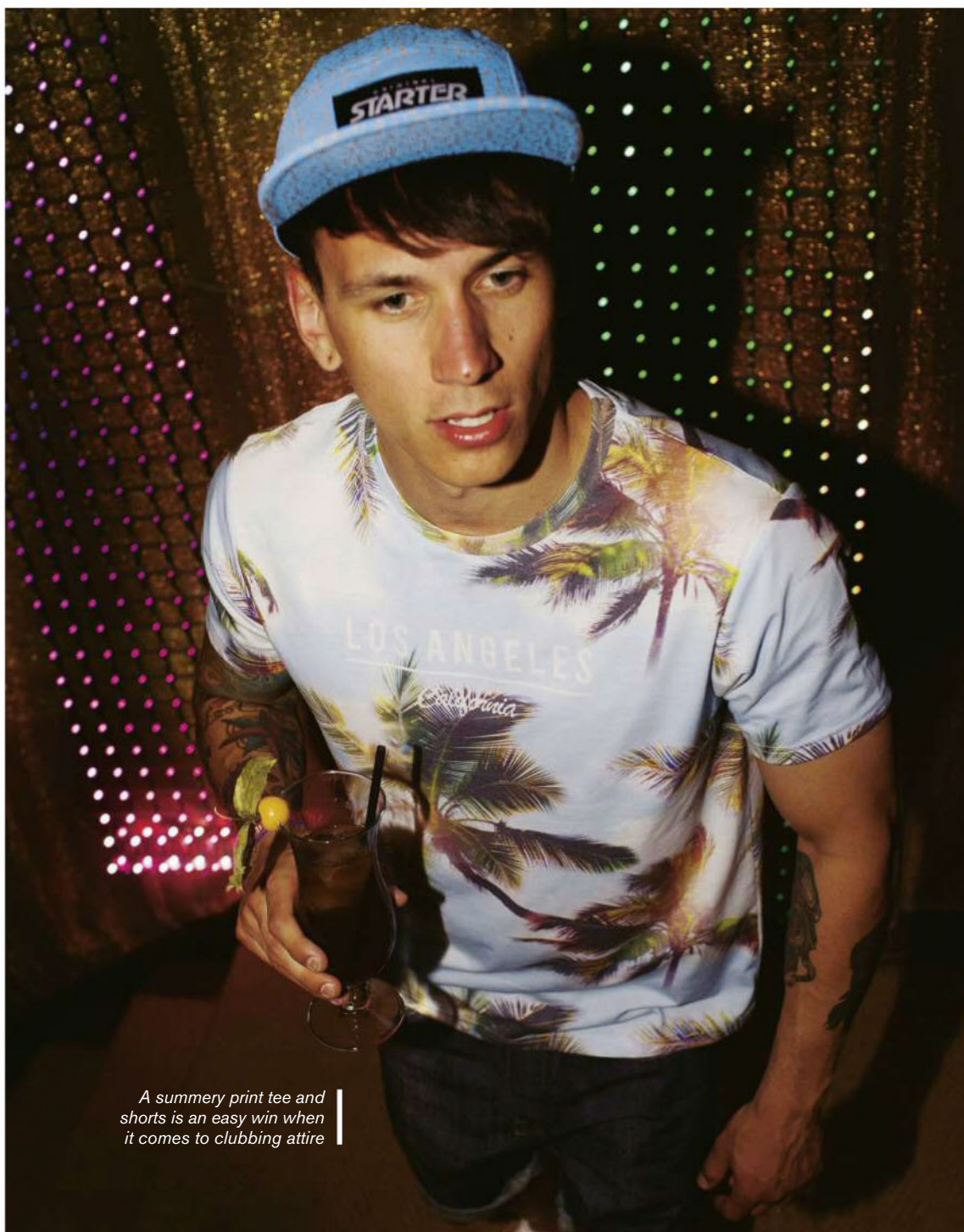


*Watching the sunset?  
Catch the last rays and  
stay cool with a light,  
airy and unbuttoned shirt*

Shirt, £105, [universalworks.co.uk](http://universalworks.co.uk). Shorts, £45, [grandscheme.com.au](http://grandscheme.com.au). Hat, £18, [starterblacklabel.co.uk](http://starterblacklabel.co.uk). Sunglasses, £12, [burton.co.uk](http://burton.co.uk). Slides, £19, [adidas.at.schuh.co.uk](http://adidas.at.schuh.co.uk)

Opposite: T-shirt, £18; shorts, £20, both [burton.co.uk](http://burton.co.uk). Hat, £18, [starterblacklabel.co.uk](http://starterblacklabel.co.uk)





*A summery print tee and shorts is an easy win when it comes to clubbing attire*

**First page credits:** Suitcase, £295, tedbaker.com. Sandals, £26, topman.com. Backpack, £295; T-shirt, £110, whistles.com. Headphones, £329.95, uk.beatsbydre.com. Shoes, £47, vans.co.uk. Towel, £31.99, Billabong at surfdome.com. Sunglasses, £18, urbanoutfitters.com. Aftershave, £57, burberry.com. Shorts, £55, carhartt-wip.com. Vest, £7.99, newlook.com. Shirt, £69.95; T-shirt, £34.99, both urbanindustry.co.uk. Shorts, £22, riverisland.com. Hat, £30, starterblacklabel.co.uk. Hat, £40, bbcccream.com. Socks, £9, Stance at routeone.co.uk. Lip balm, £7.50, anthony.com. Travel kit, £27, aesop.com. Travel set, £20, malinandgoetz.com. Deodorant, £3, bluebeards-revenge.co.uk. Shaving foam, £7.25, biotherm.co.uk. Hair cream, £5.99, Fish at boots.com. Toothbrush, £124.99, Oral B at boots.com

WITH THANKS TO USHUAIA IBIZA, CAFE MAMBO IBIZA AND DJMES IBIZA

style

WHITE WILL  
SHOW OFF  
THAT TAN  
YOU GOT  
FROM  
BLACKPOOL  
PIER

£22, BURTON.CO.UK



£30, RIVERSLAND.COM



TRAINERS

# SUN-READY SOLES

Easy-to-wear, breathable and lightweight, espadrilles are the smart choice for your holiday shoes

£18, BELFIELDLOHOC.COM



£39.99, SCOTCH-SDA.COM



## GET IT RIGHT

Don't cross the line – follow our chart and you should be good to go

**HOT**

### Boat shoes

Champagne, strawberries, regattas – you're summer ready. And you like the finer things in life.



### Slides

They're back, and they're cool. Rock them with socks like style icon David Beckham.





GO BIG OR GO HOME – BOLD PRINTS ARE PEACOCKING ESSENTIALS



£59.99, SCOTCH-SODA.COM



£39.99, HM.COM

ESPADRILLES AREN'T JUST CASUALWEAR – THESE ARE PERFECT FOR A WEDDING



£39.99, OFFICE.CO.UK



£19, ARMOURLUX.COM

A SUMMER SPIN ON DESERT SHOES IS IDEAL OFFICE ATTIRE



£39.99, OFFICE.CO.UK



£34.99, OFFICE.CO.UK

### Fringed shoes

Embrace the bohemian vibe by all means – just don't go too far.



### Cuban heels

Unless you're Tom Cruise, leave wedged shoes to the ladies. Being the butt of jokes ain't worth it.



### Crocs

No. Just no.



NOT

PRODUCT

# IS YOUR TOWEL BEACH READY?

Stake your spot in the sand with some quality prints

£65, paulsmith.co.uk



£30, lightningbolt-usa.com



£30, burton.com



£12, next.co.uk



£69.99, Huf x Towelie Plantlife at routeone.co.uk



£37, carhartt-wip.com



£29.50, jackwills.com



£30, lightningbolt-usa.com



£75, Paul Smith at mrporter.com

SIMPLE AND STYLISH

MUST-HAVE COLLAB





MAKE  
THE GIRLS  
LAUGH

£20, marksandspencer.com

£45, Bobo Choses at  
couvertureandthegarbstore.com

£31.99, Billabong at surfdomo.com

£140, Fendi at mrporter.com

£27.99, Billabong at surfdomo.com

£60, Tommy Hilfiger at urbanoutfitters.com

£12, next.co.uk

£45, Bobo Choses at couvertureandthegarbstore.com

£44.99, volcom.co.uk

£20, marksandspencer.com

£55, stoneisland.co.uk

WORDS: CARLOTTA CONSTANT. PHOTOGRAPHY: MARCO VITTOR



# AM I TOO OVERDRESSED FOR THE POOL?

Avoid unwanted stares at the diving board – here's how not to overdo your poolside style

## DO ROCK A VEST

Vests can be tricky to pull off but if there's ever a time to try one out, it's poolside. If you're feeling really confident, pick a print that shouts summer.

## DON'T FORGET YOUR BEACH TOWEL

What does your towel say about you? Loud prints: fun guy; block colour: sensible dude; branded: fashion aware. Just give the Disney ones a miss.

## DON'T OVERDO IT

The rule is one crazy, one sensible. Never combine a wacky hat with zany glasses, unless you're going for a kids' TV presenter vibe.

## DON'T ACT LIKE A CHILD

Only OK when you're with a group of mates. One man and an inflatable is a no go.

## DO TAKE A CHANCE ON SLIDES

If slides are good enough for David Beckham and A\$AP Rocky, they work for us. Just leave the socks at home.

VEST, £14, BURTON.CO.UK. SHORTS, £45, BOARDIES APPAREL.COM. HAT, £30, NEFFHEADWEAR.COM. SUNGLASSES, £7.99, BLUEINC.CO.UK. SLIDES, £19, ADIDAS.CO.UK. TOWEL, £27.99, BILLABONG AT SURFDOME.COM



# LOUNGER ACT

Stay cool when the mercury rises with our essential guide to looking sharp poolside

CAMO IS BIG FOR  
SPRING/SUMMER 15



## THE SUNNIES

An essential part of your summertime steeze – get the right ones and they can change your look instantly. Make sure you choose a pair that *actually* fits the size of your noggin. Sunglasses, £135, ray-ban.com/uk

KEEPS YOU FRESH IN  
SWEATING HEAT



## THE VEST

Cracking the guns out and optimising tan time when you're making your way to the pool can only be a good thing. If you're not hench like The Hulk, just go for a thicker strap to trick the eye. Vest, £30, Adidas at urbanoutfitters.com

READY FOR  
KICK OFF



## THE SHOES

Don't fuss with buckles and Velcro around the pool. Instead slip into flip-flops or slides to ensure the easiest and most efficient trip to the bar on your bottomless-booze all-inclusive odyssey. Slides, £20, Nike at schuh.co.uk

WHITE SHOWS  
OFF YOUR TAN



## THE SWIMMERS

Swim shorts are an essential part of every man's pool attire, for obvious reasons. Boardies, mid-length and short shorts all get the pass from us – just step away from the budgie smugglers... Shorts, £22, asos.com

## FOUR ESSENTIAL POOL MOVES

### THE SUPERMAN

An efficient entry. Make sure there are no kids in your way.



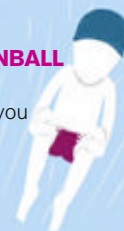
### THE PENCIL

One for the lolz, especially if you're above 6ft 5in.



### THE CANNONBALL

A classic. Ensures you piss off everyone around the pool.



### THE SWAN DIVE

Takes serious skill, but will gather a crowd if you make it.



GROOMING

# SIZE MATTERS

Get your smellies through security without a cavity search



Night oil, £26, [kiehls.co.uk](http://kiehls.co.uk)



Eye serum, £37, [clarins.co.uk](http://clarins.co.uk)



Shower gel, £14.25, Biotherm Homme at [worlddutyfree.com](http://worlddutyfree.com)

Shaving foam and razor, £9, Wilkinson Sword at [boots.com](http://boots.com)



Good for sensitive skin



Five blades = smooth as a baby's bum



Makes you look more awake



Face wash, £8.50, [kiehls.co.uk](http://kiehls.co.uk)



Face mist, £14, [uk.loccitane.com](http://uk.loccitane.com)



Calm down a sunburnt mug

Face mist, £11.50, [nealshyardremedies.com](http://nealshyardremedies.com)

Clean your body without drying it out



Body cleanser, £27 for a travel pack of four, [aesop.com](http://aesop.com)

Eco-friendly, but actually works



Roll-on deodorant, £3, [bluebeards-revenge.co.uk](http://bluebeards-revenge.co.uk)



Shaving foam, £14.25, Biotherm Homme at [worlddutyfree.com](http://worlddutyfree.com)

Gets rid of a frizzy barnet

Hair wax, £2.95, Fish at [boots.com](http://boots.com)



Body balm, £27 for a travel pack of four, [aesop.com](http://aesop.com)



Totally organic face wash



Face wash, £56 for a travel pack of five, Anthony Logistics at [coopies.com](http://coopies.com)





100ml is the max size of liquid you can carry in your hand luggage, all thanks to dickhead terrorists

Perfect for city breaks

Moisturiser, £32, clarins.co.uk

Shampoo, £20 for a travel pack of six, Malin+Goetz at mrporter.com

Great for a burnt scalp

Body oil, £22, aveda.co.uk

Protects hair from the sun

Shampoo, £35 for a travel set of five, Kiehl's at worlddutyfree.com

Conditioner, £20 for a travel pack of six, Malin+Goetz at mrporter.com

After shave, £65, Miller Harris at johnlewis.com

Wood-citrus tones are great for day and night

After shave gel, £22, uk.loccitane.com

Contains seven different vegetables

Cleanser, £56 for a travel pack of five, Anthony Logistics at coggles.com

Pre-shave oil, £35 for a travel pack of three, Murdock London at endclothing.co.uk

Protect your skin before you shave

Hair texture cream, £2.95, fish at boots.com

Moisturiser, £20 for a travel pack of six, Malin+Goetz at mrporter.com

Whack this on after your shower

After shave, £60, Maison Francis Kurkdjian at liberty.co.uk

Hand cream, £4.75, Le Couvent des Minimes at boots.com

Conditioner, £30 for a travel pack of five, Murdock London at endclothing.co.uk

Face wash, £8.50, kiehls.co.uk

Contains aloe and oats for extra shine

Shampoo, £30 for a travel pack of five, Murdock London at endclothing.co.uk

Ingredients extracted from the Amazon, apparently

Body wash, £20 for a travel pack of six, Malin+Goetz at mrporter.com

Will leave you smelling great

Leaves your face looking squeaky clean



WIN AT LIFE

# Upgrade



## ANDY TORBET'S GREAT BRITISH

## ADVENTURES

Enhance your weekend (and your survival skills while you're at it) with the help of Britain's ballsiest explorer

PHOTOGRAPHY: Glen Burrows





Andy Torbet has huge balls, and we're not talking about his actual testicles – (these may be abnormally sized but, frankly, that's none of our business). We're referring metaphorically to the fearless feats he takes on and conquers by way of a day job. The former Royal Engineer, now a pro explorer – you might recognise him from spots on the BBC's *Coast* and *The One Show* – has scuba-dived flooded Welsh mines, axe-climbed the White Cliffs of Dover and pot-holed his way through the Cave Of Skulls (every bit as terrifying as it sounds). Now, though, the 39-year-old Scot is on his toughest mission yet: to get the British public to embrace the spirit of adventure. Over to Andy...

"I'm not about to suggest you lob yourself out of a plane at 30,000ft or get your toes and everything else wet with a spot of caving. Actually no, hang on a minute, that is exactly what I suggest you do – it's bloody brilliant. Just perhaps not this weekend. Such pursuits take years of training and experience to pull off. No one was born an extreme diver or ice-wall climber, but you have to start somewhere, so why not here?"

- 01 -

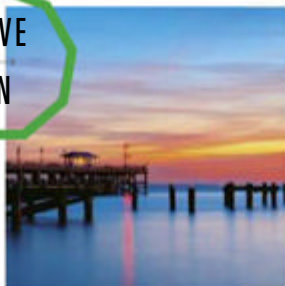
## GRAB A SNORKEL

► I'm more known for doing deep dives or cave diving using some serious equipment, but I still get a lot of use out of my humble snorkel. There are tens of thousands of miles of coastline, rivers and lakes in the UK and only a tiny fraction of this has been properly explored, yet most of it is shallow enough water to easily investigate. I've dived into shipwrecks, sunken WWII planes, caves, waterfalls, lakes and mountain pools with just this simple bit of kit.

Fins help to propel you through the water and a wetsuit is handy so you can spend longer in freezing cold temperatures without anything important dropping off. But if you've got a mask and a snorkel – presuming you can swim – you're good to go.



DIVE  
IN



### Swanage Pier

An easy introduction with plenty of life and light around the pillars of the pier. The water is usually clear and clean and you'll find pubs, ice cream and fish and chips by the water's edge. The perfect dive site.



### Bridge of Orchy

Something a bit wilder. The River Orchy flows into a deep section under a bridge a few miles upstream from the village of the same name. Here you'll find a submerged gorge, water-carved rock formations and huge salmon all visible through the clear, if peat-tinted, water – like diving in whisky.



### The west coast

Along the UK's western periphery, from Cornwall to the Outer Hebrides, you can swim nose-to-nose with the second largest fish in the sea: the benign 30-ft-long basking shark.

# 02

## MAKE A FIRE

(NO STICK-RUBBING NECESSARY)

► I used to run expedition training weekends and people were surprised when it came to the fire-lighting section: I'd produce a lighter and, just to get the party started, some petrol. If, on a planned expedition, you find yourself needing to make fire the paleo-way, you've messed up badly. Rubbing two sticks (or squirrels) together is an extremely difficult and laborious skill to master, especially in the UK where the ground is usually sodden.

Plan ahead and consider taking a firelighting kit with some tinder (wood shavings or cotton wool soaked in Vaseline) and a means of lighting it. I like a flint and steel as they don't run out and will work even if they've been underwater all day. If you're camping, though, ditch all that; I pack a small gas stove with a built-in ignition. Perfect for when it's cold, dark and wet and all you want to do is get a brew on.

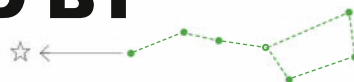


► Fancy jumping out of a plane? Of course you do. A tandem jump with an instructor is fine but it's far cooler to do it yourself. You can do an Accelerate Freefall (AFF) Level 1 in around

half a day, which means being able to exit an aircraft from 15,000ft up. You won't be totally on your own – a couple of instructors will fall with you – but the jump, fall and chute-pull are

all done by you. Do another 16 jumps and you're a licensed skydiver. Nothing says "up yours, world" like diving head-first out of an aluminium tube in the sky.

## 04 BE GUIDED BY THE STARS



► OK, we all have smartphones or watches that tell us where the nearest Wetherspoons is, but to impress the young lady friend you're stepping out with, how about navigating using the stars? It's also handy if you're lost in the wilds with no phone signal.

Once you know where north is, you can determine where the other main directions are. First, locate the constellation known as The Big Saucepan or The Plough or, as I prefer, The Great Bear (far more manly than kitchenware or medieval agriculture in my opinion).

Imagine a line between the last two stars (the end of the pot rather than the handle) and extend it upwards, roughly five times the distance between them. There you will find an obvious and bright star. That's the North Star and – true to its name – if you're looking at it, you're pointing bang-on north.



One of the best places to see stars in the UK is Kielder Forest; just an hour's car journey from Newcastle but with zero light pollution. With a basic telescope you should be able to view the rings of Saturn, although if you want to see what a Martian had for his dinner, head to the Kielder Observatory instead.



- 05 -

# EAT OUT

(LIKE REALLY OUT)



► Unless you've planned a 'bushcraft lunch', running low on food screams of piss-poor preparation. It's very satisfying and impressive to harvest selectively from nature's larder, though. I'd definitely encourage you to do it for a simple and easy way to get a caveman-style 'me man, man beat chest, aaaaaaaghhh' sensation. Which, frankly, we could do with a bit more of in a world of skinny bloody jeans.

- 06 -

# SLEEP JUST ABOUT ANYWHERE

► Kipping under the stars is great until a bunch of angry clouds turn up intent on dousing your high spirits. Protect your extremities with a bivi bag, which is essentially a lightweight, waterproof sleeping bag. It'll stop light rain, the morning dew or even snow from spoiling a good night's sleep. One up from this is a basha. That's an Army term for a shelter made from a piece of tarpaulin. There are infinite ways to construct one, but the simplest is to string a cord between two trees and lay a rectangular tarp over the cord. Pin the ends to the ground and you've got a tent. Make sure the open ends aren't pointing into the wind and the lower the construction, the more sheltered you'll be.



## Almost anything on the seashore

In a survival situation, head to the beach for a wealth of food including limpets, mussels and whelks. Seaweed is another good one – there is only one species in Britain that's poisonous and it grows at least 35ft underwater, so anything in rock pools is good to go.



## Nettles

Everyone can identify them and they're abundant across the country. Boil fresh young leaves (avoid older ones, which can be risky) in water to make nettle tea, add them to soup or hold them briefly over a flame to wilt them, which burns off the tiny hairs that sting you. They taste like spinach.



## Wild fish

Get a speargun, learn how to use it safely and catch your dinner. It's the most sustainable way to fish. You select the size and species and there is no rubbish left when you depart. It also means you'll spend time getting an appreciation for the amazing underwater world.

## 07 GO GREEN (IN A 4x4)

► Green lanes, or BOATs (Byways Open to All Traffic), are old trackways that are legally accessible to motorised vehicles. The snag is that your flash two-seater soft-top will be bugged all over on these crater-strewn, mud-soaked routes. This is proper off-road 4x4 territory – I use my Santa Fe [Andy is

a brand ambassador for Hyundai, a cushy deal which basically means he gets a free top-of-the-range motor and they facilitate many of his adventures. One phone call today and they've set up a campsite for us and put on some hot apple crumble cooked over a fire – like we said, cushy].

Simply go to a website such as [bywaymap.com](http://bywaymap.com) to view the tracks in your local area and then let it rip.

There is something instinctive and re-affirmingly manly about throwing a steering wheel – wagon slewing side to side – as you throttle-on with the vehicle through some dusty track in the middle of nowhere.



- 08 -

## EXPLORE THE COAST

► One of the finest destinations for adventure in the UK, as an island nation, is our coastline. Most of it is off limits due to remoteness, distance from roads or paths or high cliffs. But not so with a sea kayak. They are the perfect way to investigate secret bays and get up close to amazing wildlife including seabird colonies, seals, basking sharks and even whales... all right here on our doorstep.

Closed-cockpit kayakers are best used after a little coaching but Sit-On-Top (SOT) kayakers can be hired for the day with no formal training. There are plenty of rental companies that can also advise on locations and conditions to suit your experience. All you need to do then is load it up with gear, including camping stuff, and set off.

There is nothing better than pulling up into a beautiful cove with cliffs creating an impenetrable amphitheatre that cuts off access to all but the seafarer, lighting a campfire on the beach and having a wee snifter as the sun sets over the sea. Any woman who doesn't rank this as the best date ever is clearly as mad as a bag of frogs and you should run away.





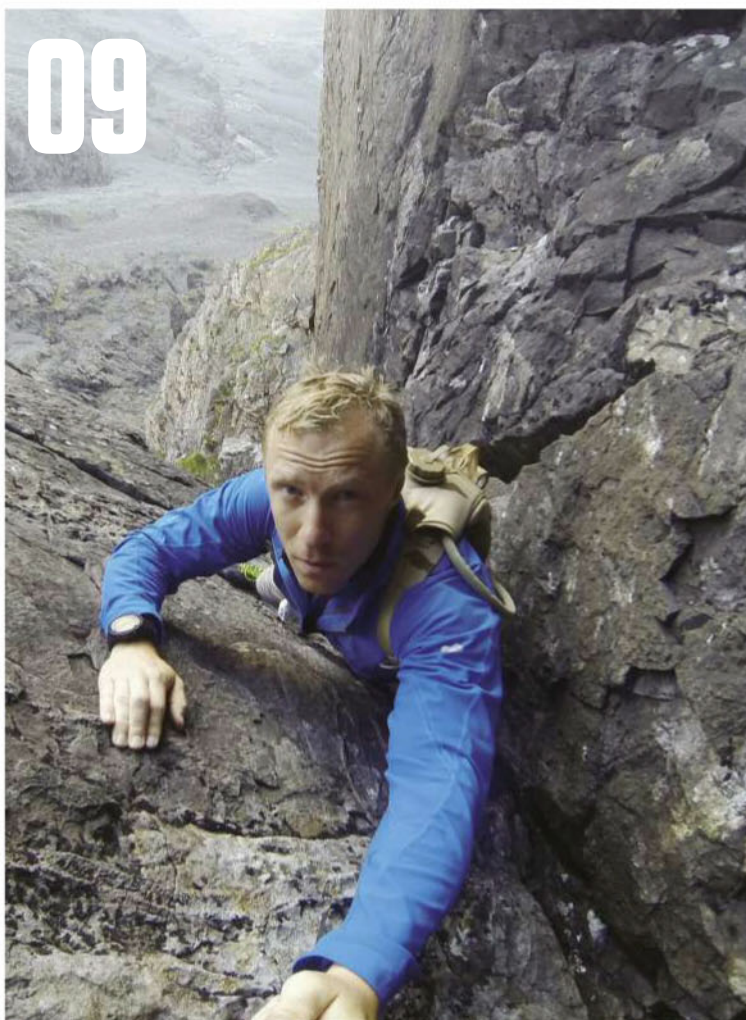
## DRINK WITH MOTHER NATURE

► Hydration is key in the field. When you're subjecting yourself to mental and physical pressure there is no need to add to the physiological stress by being dehydrated. Drinking from natural sources is either great or deadly depending on where you are in the world. In the UK our water is relatively clean but get as close to the source as possible to minimise the contamination potential. A spring or mountain stream is best as there is little 'up-current' to have affected it. Go for running water over stagnant.

It's impossible to know for certain that it's safe but common sense can be applied. Think about what it's passed by and through beforehand – farms, camp sites, mining operations, a dead sheep or two.

Of course you can just invest in a filter. I have a sports bottle with one built in. Fill it up anywhere and drink as normal. I also use it on holiday in places where the hotel water is undrinkable – it saves me buying mineral water.

People (like, of course, *FHM*) often ask, "Can you drink your own urine?" To which I reply, "Yes. But only recreationally." If you're that hot and thirsty it's likely to be like treacle anyway and there is more survival advantage to pouring it over your head to help lower your core temperature.



## SEE IT, CLIMB IT

► I could wax lyrical for days on end about how great climbing is... the sense of exploration, of freedom, of conquering sheer walls of rock. But put simply, it's a whole load of fun and gets you ripped at the same time. We're talking biceps of iron, forearms like a Tudor blacksmith and a grip to crush the hand of Chuck Norris. Well, maybe not Chuck Norris, but Superman for definite.

Most people start climbing at an indoor wall but if you want to head outside for the real thing there are plenty of good instructors and guides who can set you on the right path. The UK is full of outstanding rocks and even in the relatively flat South East of England you're only a couple of hours from climbing great places such as the Peak District or the Jurassic Coast.



My favourite climb is the Old Man of Hoy, a 500ft rock pillar off the coast of Orkney. I did it with my friend Leo Houlding, one of the UK's top climbers, and the mountaineering legend that is Sir Chris Bonington. We were there to celebrate Chris's 80th, so you can't use age as an excuse.

upgrade : Adventures

# Take it easy in Amsterdam

*Just an hour away by plane, the Dutch capital is a haven for the man looking to expand his horizons with the minimum of hassle*

## Getting there

**Flights** from Luton start at £48 return. [easyjet.com](http://easyjet.com)

**Ferries** from Newcastle start at £77 return. [dfsseaways.co.uk](http://dfsseaways.co.uk)

**Trains** from London St Pancras start at £94.50 return. [eurostar.com](http://eurostar.com)



## Discover a dream neighbourhood

Every city has its foodie district and Amsterdam is no different. If you like shopping – especially for old maps and cheese – Jordaan's 'nine streets' are certainly worth a stroll, but our favourite quarter is De Pijp. Not only does it have a bewildering selection of hipster vintage shops, but you'll also find a great bite to eat from an array of Middle Eastern restaurants.





### Combine booze with meaty snacks

Bars are big news in Amsterdam. Every neighbourhood boasts a mix of upmarket places and old-school 'brown cafes', where you can sup Amstel in the company of portly gents with gigantic moustaches. While we Brits are justifiably proud of our crisps, the Dutch pepper their drinking sessions with *bitterballen* – deep-fried croquettes filled with meat and melted cheese. Sound good? Try the ones from canalside bar Waterkant on Marnixstraat. [waterkantamsterdam.nl](http://waterkantamsterdam.nl)



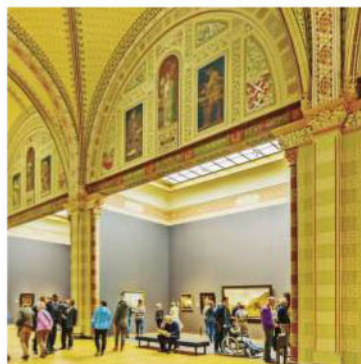
### Enter football heaven

As home to the world's coolest football team – Ajax – it should be no surprise that Amsterdam also plays host to the best football shop. Copa is a treasure trove of retro shirts and balls, books and racy T-shirts. If your favourite match-day accessory is an industrial-strength flare, you'll love it. [copafootball.com](http://copafootball.com)



### Start your cycling habit

Cycling may be healthy but in the UK it's, well, terrifying. See how great riding a bike can be in a city where everyone cycles. With bike lanes separated from traffic, there's less call for a helmet, which means your hair will be pristine. Unless your mind's just been blown by a cycling beauty.



### Overdose on art

The Netherlands punches well above its weight in the art stakes. During the Dutch Golden Age – think Britpop-era UK with clogs – it produced painters such as Vermeer and Rembrandt. You'll find their best work at the Rijksmuseum, set in massive grounds filled with food trucks at weekends. [rijksmuseum.nl](http://rijksmuseum.nl)



### Fall in love with Indonesian food

A relic of the Netherlands' trading empire, Amsterdam is crammed full of Indonesian restaurants. Imagine a mix of Indian, Thai and Chinese food and then add loads of rice. Yeah, that's what we're talking about here. If you've got the time, book a table at Restaurant Blauw, and devour a *rijsttafel* (rice table). It's the best sensory experience you can have in The Dam without alerting UK customs. [restaurantblauw.nl](http://restaurantblauw.nl)

# Which flying machine will win the game of drones?

*With the craze for drones taking off, FHM took to the park to test out the most popular models*



## Syma X5C-1

£42.19,  
[cheapdrone.co.uk](http://cheapdrone.co.uk)

### Lowdown

Weighing just 108g, the X5C-1 packs five minutes of flight time when videoing and can travel 50m. Essential living-room fun.

### Looks

Like it came free with a Christmas cracker. But we couldn't find a joke in the box – just a lengthy instruction manual.

### Handling

Your mum could fly this, but do you really want another dispute with your next-door neighbours?

**Overall:** 2/5



## Parrot Bebop

£429.99,  
[parrot.com](http://parrot.com)

### Lowdown

A mid-range piece of kit, the Bebop weighs in at 400g. With a built-in fish-eye camera and the ability to generate its own Wi-Fi hotspot, it has 'Instagram king' written all over it.

### Looks

Like you could buy it in a beach

shop in Skegness, along with a rude novelty keyring.

### Handling

Controlled via your smartphone or tablet, it's very touch sensitive. Without GPS to keep it steady, a gust of wind could ruin it all.

**Overall:** 3/5





#### DJI Inspire 1 T600

£2,381, firstperson  
view.co.uk

##### Lowdown

A heavy-duty piece of machinery, the T600 is (possibly) inspired by *The Terminator* and is just as durable. The professional choice.

##### Looks

Like a soldier droid's head from those awful *Star Wars* prequels. A sci-fi full house.

##### Handling

Comes with two controllers: one for the drone, one for the camera. For best results go solo and put it to the test in strong winds. Also, thanks to the automated landing gear, you'd have to try really hard to crash this.

**Overall:** 4/5

#### DJI Phantom 3 Quadcopter

£1,159, firstperson  
view.co.uk

##### Lowdown

The iPhone of drones, the Phantom has slowly been taking over the world. Legally, you have to fly it within your

line of sight but, if you're feeling rebellious, it can reach heights of 2km, sailing high above the clouds.

##### Looks

Smooth and clean cut. A drone you could happily take home to meet your parents.

##### Handling

A fast, nippy number that requires some back and forth on the controls. A bit like taming a wild horse.

**Overall:** 5/5

## How to rule the skies

*Great news for wannabe air aces: if you're in control of a drone you're officially classed as a pilot (and punishable under UK aviation law!)*

It's illegal to fly your drone within 50m of other people (we assume it's because they'll get jealous).

Flying a drone while drunk isn't recommended. As Fes Askari of firstpersonview.co.uk puts it: "You wouldn't fly any other aircraft drunk." Indeed.

Drone enthusiasts are increasingly feeling the need for speed. If you want to give drone racing a go, speak to the council about setting up a course in the local park.



# Conquer your first triathlon

*Eat, lunge and erm, breathe your way to podium position in eight easy steps*



Part of the UK Sport Lottery Funded British Triathlon Squad, 24-year-old

Tom Bishop is one of the country's brightest sporting hopes, recently finishing sixth in the Madrid Triathlon European Cup Final. Here he explains how to go from wheezing loser to beaming champion...

01

## MAKE THE MOST OF YOUR ABILITIES

"Anyone can do a triathlon, even if you're not the most natural athlete. Motivation and commitment to train are the most important things. If you're fit enough to play five-a-side at the weekend, you'll be fine. If you're concerned about training, join a local triathlon club."

02

## START SLOW

"A lot of people try to complete a triathlon as part of a New Year's resolution, aiming to compete in April or May. Four months of training will get you to a reasonable level of fitness, but you should always treat your first triathlon as practice. Do one in May, then aim for another in September. Use the first race to discover what your weaknesses are, then work on that over the summer."

03

## PUT IN THE TIME

"Work up to three training sessions for each discipline a week. For swim training, see how many lengths you can do without stopping. For cycling, try to do two hours each week. When it comes to running, just get outside and see how far you can go. But make sure you start off slowly, as your body won't be ready for nine workouts a week straight away."

04

## SHOW THE BIKE SOME LOVE

"Most people can ride a bike, but learning to cycle for sport is really fun. It's all about slowly building yourself up and using any defeats as motivation until you can step up with the big guys. At a novice level, drafting [riding in the slipstream of others] isn't allowed, so go for an aerodynamic bike to make up for it."

Success is just like riding a bike  
Nitrogen bike,  
£3,499.99,  
[argon18bike.com](http://argon18bike.com)







Quality trainers  
maketh the  
champion  
GT2000 trainers,  
£107, [asics.co.uk](http://asics.co.uk)



05

## REMEMBER THOSE SWIMMING LESSONS

"Initially, I found swimming difficult, and that made me work on it more. Front crawl is the fastest stroke, but breaststroke is great for novices as it's very stable and you're able to breathe a lot more easily. When you're being taught to swim, you're supposed to learn how to breathe on both sides but, if you have a preferred side, I'd say go with that. Breathing every two strokes is enough to keep the oxygen circulating your body."

06

## EAT SOME CARBS

"I train for 30 hours a week so I have to consume a lot of calories. They say try to have a rainbow on your plate of different coloured fruit and veg. Protein-wise, go for good quality steak, chicken breasts and fish to help repair your muscles after a session. Brown rice, brown pasta and sweet potato are also good, but there's no harm in the odd pizza or cake."

## GET YOUR PALS INVOLVED

"Keep yourself motivated by setting weekly targets and celebrating your improvements. The easiest way to do this is by training with friends. It'll also add a bit of competition – everyone wants to beat their mates. Going for a group cycle at the weekend is a nice way of catching up and a nice change to just nipping to the pub."

08

## FIND SOME PERSPECTIVE

"You don't have to find motivation within sport. I studied history and anyone who fought for what they believed in can give you inspiration. When you think about how tough WW1 soldiers had it, you can't complain about going out for a run in the rain. A bit of perspective makes you realise that you're fortunate, even if you're heading out for a cycle in horizontal drizzle."

A good wetsuit  
will keep you  
warm, even in  
British rivers  
Archimedes  
wetsuit, £549.99,  
[huubdesign.com](http://huubdesign.com)



# Get the edge over the competition with five core-friendly workouts

## SQUATS

"Place your feet shoulder-width apart, keeping your heels straight. Squat down slowly, making sure your knees are over your ankles and your back is straight. When you feel your back start to curl, come up with a burst of power."

## ROLL-OUTS

"Find the roller wheel in your gym [a small wheel with hand holds on each side]. Get on your knees and push your arms out in front. Use dumbbells if there isn't a roller wheel."

## ROTATING PLANKS

"In the plank position, rotate your whole upper body so your arms are perpendicular to the floor, instead of parallel. Hold, then swap arms."

## LUNGES

"Place your feet one in front of the other, then lower your body to a 90-degree angle, putting your weight through the balls of your feet. Make sure your back is vertical, and your knee doesn't go over your toes."

## ALEKNAS

"Lie on your back and stretch your legs and arms out straight, without touching the floor, then bring your knees up to your chest. Add weights to your legs if you like, and stop when it hurts."

# The warm up

*It's not a hot hatch, it's a warm hatch. Big difference*



01

#### DESIGN

Mazda's new theme is Kodo – Soul of Motion, inspired by animal movement

02

#### LIGHTS

'Pounce-ready' LED lights come as standard on the Sport Nav model

03

#### INTERIOR

A head-up dashboard display helps you keep your eyes on the road

04

#### SEATS

The 2's seats feature vibration-suppressing materials for a smooth ride

Let's talk about the warm hatch, because actually that's what this new Mazda2 1.5 115ps Sport Nav (catchy name) is all about. We know that everyone wants a hot hatch: the combination of mate-carrying practicality, perky handling, ease of running, flashy bodykit and face-warping speed is killer, after all.

But that package comes at a price. While you might lust after a spanking Golf R32 or Focus RS, they're almost certainly out of your league. And even if you could afford one, the insurance payments are crippling.

So what's the answer? Enter the warm hatch. All the benefits of a hot hatch but with a dialled-down engine that'll get you under the insurance radar. Mazda has just such a motor.

## THE BIG QUESTIONS

### Mazda. Hmmm...

Get over yourself. Mazda has produced some of the most radical and exciting everyday-fun cars in the world since the 1990s. The MX-5 roadster is rightly the biggest-selling little open-topped sports car in history, the RX-7 coupé redefined how good a Japanese sports car could be and the RX-8 wrapped a high-revving rotary engine in a bonkers reverse-opening-rear-doors package.

### And what's this one?

This is the new baby of the family, the Mazda2. Previous Mazda2s have been twins of the Ford Fiesta (the cars were co-developed for many years) but this motor is all-Mazda

now with Skyactiv technologies for weight-saving and snappy handling.

### It's a bit of a looker, isn't it?

Oh aye. Previous Mazda2s looked like someone had inflated a baby dolphin, but this one takes the bold styling of its bigger siblings. The Mazda 6 saloon and CX-5 SUV are now very purposeful beasts with real street presence and this new 2 steps into the limelight with a manly confidence.

### Has it been through a bodyshop?

Something like that. Mazda has thrown a lot of the hot-hatch visual cues at this machine and it really works. There are contrasting red and black alloys, red trim flashes on the bodywork and a fairly massive spoiler. The whole package generates a car you're certainly not going to miss.



## BHP or PS?

Right, get your geek hat on: let's knuckle down on serious stats.

For generations, men have discussed engine power in terms of brake horsepower. It's been hammered into our brains from a young age like Saturday evening images of Pamela Anderson.

But it's not the only way to measure power. Horsepower is the power an engine puts out directly from pistons to flywheel. Brake horsepower is the measure of power that actually reaches the wheels after all the electrics, water pump and other stuff is run – it's the real world output of the car.

PS, which stands for *Pferdestärke* (or horse-strength) is an alternative measurement often used by German manufacturers. But it's not quite the same as horsepower – it's slightly less. One ps is about 98.6% of a hp, which might not sound like much, but when you're settling pub arguments it can make all the difference. That's why the Mazda2 here is 115ps (the name) but 113bhp (the rating in the box).

Technically, all measurements should have now been superseded by the kilowatt (kW) measurement, which equates to 1.34bhp. But even we're not that sad.



### MAZDA2 1.5 115PS SPORT NAV

**PRICE:** £16,995

**LIKELY REPAYMENTS:** Approx  
£265 a month with £1,500 deposit

**ENGINE:** Four-cylinder 1.5 litre

**POWER:** 113 bhp

**0-62MPH:** 8.7 sec

**TOP SPEED:** 124 mph

**AVERAGE ECONOMY:** 56.5 mpg

### Does what's under the bonnet deliver on the looks?

Well, here's the question. Is this car the best of both worlds or writing visual cheques its engine can't cash? It depends on your appetite for speed or looks. The engine is a mid-sized four-pot spitting out 113bhp. It's sprightly, but there's always a moment where you're wanting that extra yard or two of pace to really kick it.

**Oh.**

Indeed. True hot hatches these days would be embarrassed not to start at 180bhp. But that's the point of this car. For now, this is the fastest of the new Mazda2 family, until Mazda do an MPS version with their sporty sub-brand, which they must if they're to do justice to the sweet chassis.

### How chuckable is it?

Very. Mazda has spent a lot of time reducing weight in the car so it's more efficient, but that also means that you can fling it about more easily. It's also got a new system that massively reduces flex in the car so it stays straight and true and rights itself quickly when hoofing round corners. Ford's Fiesta probably still has the slight edge in handling, but this is a car that you can point and flick very precisely and it's a ton of fun.

### Is it all plastic fantastic inside?

Hell, no. Mazda has gone to town on the interior and it's a triumph. There's a real sporty feel that makes every moment special. There might not be a tiger under the bonnet, but there's something of the Lambo about the

interior. Seriously. It's brilliantly put together, feels super-premium and – most important of all – has the traditional Mazda fuck-off-massive rev counter in front of the driver. Mazda isn't shy of its sporty heritage.

### What does it say about me?

That you're a smart guy who values style over points on your licence. Or you're wussing out and should get yourself a proper hot hatch. We'll let the pub argument settle that one.

### Should I buy one?

The new Mazda2 that's under all the kit is great and will definitely keep you interested as an everyday car. But if you're looking for power, keep walking or wait until Mazda's boffins unleash some proper mayhem under the bonnet. Soon, please.

# Hot advice from a cool girl:

**How to  
ace your  
first  
romantic  
holiday  
together**

*Feat. Rebecca*

You've met a beautiful girl, and it's all going well. In a fit of alcohol-induced madness, you book a surprise holiday. Then you realise you'll have to spend the whole week trying to impress her. Luckily, Rebecca is here to help...





**“If you got  
sunburnt I’d  
laugh at first,  
but then I’d  
love to help  
you put your  
aftersun on”**

01

**On the first night, the  
local sleazeball tries  
to muscle in on her**

“Getting chatted up by the locals is something every girl has to put up with when they’re away. Obviously, it’s awkward if I’m there with you. The best way to handle it is to give the guy a talking to, without being violent. If he isn’t listening you can be more forceful, but no girl is impressed by a man who uses his fists before his brain.”

02

**You’ve fallen asleep  
in the sun and the  
results aren’t pretty**

“I think it’s OK for a guy to admit he’s sunburnt to shit. If you’re bright red it’s a bit difficult to hide the fact you’re in pain! I’d laugh at first, but then I’d love to help you put your aftersun on. I’ve never drawn a dick on someone’s back with sunscreen when they’ve fallen asleep – that’d be too mean.”

03

**You take her to the  
bar where you got  
smashed last year, but  
she isn’t very keen**

“I’m quite adventurous, so if a guy wanted to take me to places he’d already been, it might put me off. I’d want to go out exploring, and no one wants to feel like a guy’s had a better time there with someone else. Take me somewhere new and we can be adventurous together.”

04

**You're three days in and desperately need to use the en suite for 'something extra'**

"If a guy wants to use the en suite he should play it cool; he's only human. If it's a new relationship he should try to hold it in until she's out of the room, but he doesn't have to do that the whole holiday."

05

**Your heart says Thailand, your wallet says Cleethorpes**

"I don't care where a guy wants to take me. Even if it's somewhere crap, I wouldn't mind, as long as he had a cool reason for taking me. The worst thing to do is book an all-inclusive. I want to go out and eat at weird local places, not a hotel buffet."

Want to be an *FHM* Girlfriend? Go to [fhm.com/girlfriend](http://fhm.com/girlfriend) to apply



**“I like to explore, so if a guy wanted to take me to places he’d already been, it might put me off”**



06

**You’re having second thoughts about your beach attire**

“As long as you don’t wear Speedos, I don’t care what you put on. Italian-style short shorts are fine. Board shorts are fine. I just don’t want to see any more than that exposed. You can wear pink shorts and carry a Disney beach towel, just don’t wear Speedos.”

07

**Your wandering eye gets you in trouble on the beach**

“It’s natural to look at other people on the beach and women do it just as much as guys. Wearing sunglasses would make it better, but it’s still obvious what you’re up to. If you get caught, you should come out with a compliment: tell me I’ve got a better bum.”

08

**You want to engage in some risqué outdoor activities**

“Having sex outside on holiday is exciting. My friend did it in the sea with loads of people around her. She didn’t get arrested, so that’s a win. Outdoor sex has to be risky, but not so risky that you’re going to get caught. I’d go with the sea. I love the sea.”

# DON'T MISS THE GREATEST YEAR IN MOVIE HISTORY

# EMPIRE

## MAGAZINE

**GET A FREE COPY**

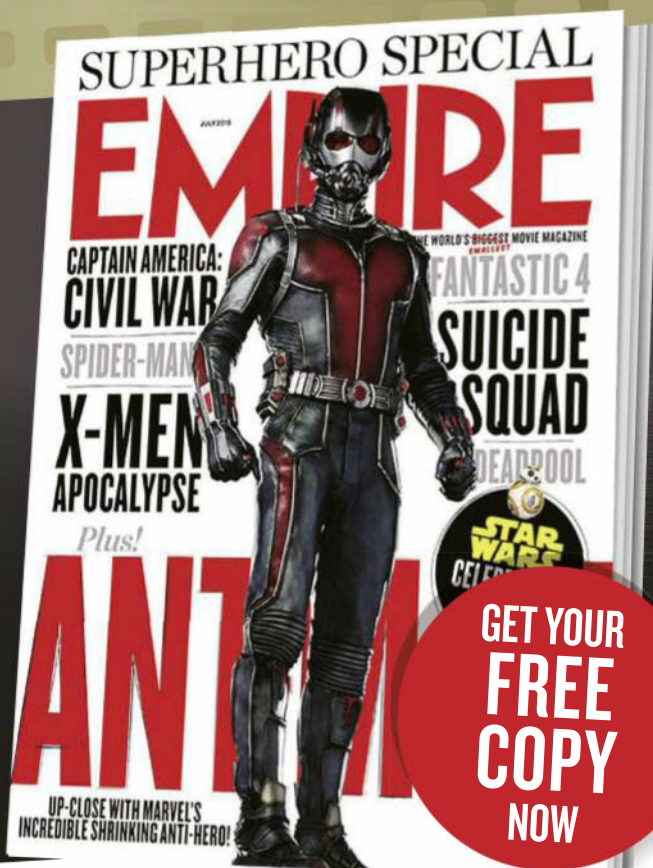
TEXT **EMI4** TO 78070

*Or...*

CALL 0800 66 54 77

AND QUOTE CODE

**EMI4** TO GET YOUR  
**FREE COPY NOW**



**GET YOUR  
FREE  
COPY  
NOW**

There is so much media out there these days, charting your course through the waves of great films and TV is becoming impossible. Enter Empire. The World's Biggest Movie Magazine will separate the must sees from the also rans while bringing you the best in on-set access, A-list interviews and the most comprehensive review section around.

And don't miss the Greatest Year in Movie History: The Avengers: Age of Ultron, Jurassic World, Bond 24 and the small matter of Star Wars Episode VII. These are the biggest events in 2015 entertainment and Empire will bring you the first look and last word on every movie and TV show that matters. It remains, in a word, essential. Claim your free copy today.



# musclefood

Premium nutrition for healthy living



## FREE LARGE 10 INCH CHARGRILLED CHICKEN PROTEIN PIZZA FOR ALL FHM READERS

enter code  
**FHMPIZZA**  
at checkout

- Authentic Stonebaked Base
- Huge 67g Protein Per Pizza
- Only 3.7g Carbs Per Slice
- 75% Less Fat Than Takeaway Pizza

Scan me



### COMBINE WITH THESE NEW PRODUCTS:

#### MUSCLEFOOD FANS INCLUDE:



**David Gandy**  
International  
Male Model



**Louis Smith MBE**  
Team GB Olympic Silver  
Medalist Gymnastics



**Billy Vunipola**  
English Rugby  
Union Player



**Ricky Hatton**  
British Boxing Legend  
& Boxing Trainer



#### Alcohol Free Isotonic Beer

No hangover, fewer calories and packed with Vitamin B6, Vitamin B12 & Calcium – enjoy with a Protein Pizza!

**Only £1.50 per 335ml can!**



#### Protein Pork Scratchings

Tasty Original, Jalapeno, Hickory BBQ and Pulled Pork Flavours - contains 24g protein

**Only £1.29 per large 35g bag!**



#### Premium Chicken Breasts

No added salt or water, hand-trimmed and 2014 Great Taste Award winning

**Only £25 for 5kg!**



YouTube @MuscleFoodUK



Order at [www.musclefood.com/FHMPIZZA](http://www.musclefood.com/FHMPIZZA)

\*1 x 10" pizza free per customer. 1 code per customer per order. Min £25 order applies








A gold-toned Komono watch with a mesh strap and a light-colored dial. The dial features simple hour markers and the brand name 'KOMONO' at the 3 o'clock position. The watch is shown against a white background.

A hand holding a small white and red micro-drone, with the MenKind logo and 'micro DRONE' text overlaid. The background is a blurred outdoor scene.



- 2  SNAP THE QR CODE
- 3  QR CODE WILL DECODE
- 4  THE PAGE WILL APPEAR. ENJOY!

Interactive **FHM**

#DressForTheBeat

**adaptor**clothing.com

Supporting British Bands

**me and my**



To advertise call: James Horne on 01733 366378

**FHM**



## henleyhillbillies.co.uk Off Road Driving and Shooting



Fantastic Stag and Hen Party fun in Dorset less than an hour from the nightlife of Bournemouth and Weymouth

**Call Mark - 01300 345293**

OFF ROAD MINIS • HOVERCRAFTS • QUAD BIKES • SHOTGUNS • RIFLES • CROSSBOWS

*Merci Maman*  
personalised gifts

Heart charm Bracelet  
from £29



[www.mercimamanboutique.com](http://www.mercimamanboutique.com)

**ESOTERIC HYDROPONICS**

Grow Lights  
Starter Kits  
Grow Systems

Rapid Delivery  
Superb Service  
Excellent Support

Shop, Mail Order and Web. Phone or Email for our New 100 page free Catalogue & CD-ROM.

8 Martyr Road, Guildford, GU1 4LF  
01483 596 484 07958 698 152  
[www.BLUNT.co.uk](http://www.BLUNT.co.uk) [Jeff@BLUNT.co.uk](mailto:Jeff@BLUNT.co.uk)

**OmniTrader UK**

**If you think you can't join the Financial trading world... Think Again!**

**Make a tax free extra income!**

We supply one of the worlds most advanced trading software platforms. Profitable Mechanical trading strategies, and the UK's best Spread betting Broker.

Free trading education.

The all in one trading package to start your way to financial freedom!

**[www.omnitrader-uk.com](http://www.omnitrader-uk.com)**

*Gambino. Clothing*



[www.gambinoclothing.bigcartel.com](http://www.gambinoclothing.bigcartel.com)

SUMMER COLLECTION



BARBER JACKS  
CLOTHING

[barberjackscllothing.bigcartel.com](http://barberjackscllothing.bigcartel.com)



# 6.5 inches ?



●●●shytobuy<sup>®</sup>.uk  
because you are not alone

0203 322 7075

Mon-Fri 8am to 9pm | Sat 10am to 5pm



# True story:

**“The lion’s claws were in my neck. I could hear its teeth scraping on my skull”**



*At the age of 24, Andy Peterson was living without direction, drinking and smoking his way from one low-paid job to another.*

*One day in 1998, he set out on a hike along the three-mile long Carpenter Peak trail in Roxborough State Park, Colorado.*

*Alone at the peak, Andy stumbled upon a 110-pound female mountain lion hunched over a fresh kill. Defending her meal, the lioness pounced.*

*What followed was a bloody, brutal encounter that brought Andy to the brink of death...*

## **I GREW UP IN MINNESOTA IN A LARGE FAMILY.**

Life was a sort of survival of the fittest. My first beer was in kindergarten, my first joint was in 7th grade, my first line of coke was as a senior in high school. I was making my mum and dad cry every day. Eventually, I needed to get away. I threw everything in a van and headed to Colorado.

Before I left, my grandma handed me a cheque for \$10,000. I called my friend and told him the party was on me. We bought a big bag of marijuana and hit every adult club we could find. Three months later, I was dead broke. After that I scrubbed toilets, cleaned houses and worked on a construction site. Nothing ever lasted very long.

On 30 April 1998, I decided to try to clear my

head. I set out on my weekly hike in Roxborough State Park, near Denver. It's just you and your hiking boots and looking out at the view from the top is breathtaking; nothing but mountain ranges as far as you can see.

I was 50 yards from the top when I saw brown fur and a long tail poking out from under a pine tree. I realised immediately that there was a mountain lion sitting right there. The last sighting of a mountain lion had been a year ago, but even the thought of seeing an animal like that gives you an eerie feeling when you're from Minnesota.

**I STARED AT THIS THING FOR SIX OR SEVEN MINUTES.** Its head would shoot up and look the other way, then go back down again. I could hear

snapping sounds as it started to eat whatever it was it had just killed.

Lions use their razor-sharp claws to sever the spine until their prey stops breathing. They love the surprise ambush attack, but I felt as if I had the edge with this one. You couldn't carry a firearm in a national park at the time, but I had my two-and-a-half inch utility knife, so I started folding out the blades and screwdriver, just in case. Then the screwdriver slipped out of my fingers and loudly snapped back into the case.

I looked down the trail and there, as vivid as you'd imagine, were the eyes of this lion looking at me like it knew every thought I had going on. Slowly, I started to back up. I was trying to let this lion know, "Hey, you





ANDY IN HOSPITAL. HE WAS AIRLIFTED OFF THE MOUNTAIN



ROXBOROUGH STATE PARK, WHERE THE ATTACK HAPPENED

can have this mountain. I'll find another way down."

**THEN THE LION APPEARED IN FRONT OF ME.** It let out this vicious growl. Its head was above my waist. Its ears were slanted down in attack position and its eyes were dark grey slits; you could see its four dominant teeth and black gums.

Before I could do anything, the lion smashed into my chest, knocking us both a couple of feet off the trail. We rolled down the hill, snapping small trees. The lion's claws were in my knees, neck and chest. Its jaw was stretched from my hairline to the back of my head. There was no pain, only the sound of teeth scraping on my skull.

I was on my knees, locked into this lion's mouth. I could smell the

rotten flesh, the smell of death. I stabbed with the knife, but the lion's neck was too tough. I quickly realised the knife had folded up and the blade was going through my hand.

**THE LION RIPPED A FOUR-INCH GASH UNDER MY LEFT EYE.** Then it closed its jaws around my head. The blood was like a faucet coming down my face. All the people that I'd lied to flashed through my mind. I was 24 years old, and I didn't want to die.

I put my right hand up over the lion's face and I felt the bump of its right eye. As hard as I could, I put my thumb through the eyelid and all the way through the eyeball to the muscle at the back. Then I managed to open the knife and stab the lion in the top of the head before

escaping back to the trail.

Thirty minutes had gone by and I had no idea how badly torn up I was. As I ran for my life, I could see blood dripping on my legs and shoes and the trail. I turned a corner and in the trees I saw the lion looking right at me again.

But instead of the lion's face I saw the face of Jesus, filling me with a sense of peace and safety. A voice told me if I wanted a second chance in life I had to start living for God.

I flew down the mountain screaming, "Help. 911. Lion!" All of a sudden two women were dragging me through the trees to the visitor's centre. That's when I heard the whoosh of the helicopter. Eight minutes later I was in hospital, with the lion still roaming free on the mountain. **FHM**

## What happened next?

**01** Andy spent six hours in surgery. It took 70 staples to close up his head wound – a hospital record. But after just four days in hospital, he was discharged.

**02** The following year, a mountain lion was cornered in a nearby garden. It had a one-inch scar on its head and was missing its right eye. It was set free 40 miles south.

**03** After seeing Jesus in the forest, Andy devoted himself to Christianity, writing a book about his experience and giving motivational speeches.

# THE FINAL COUNTDOWN

**NINE AMAZING THINGS GIRLS DO BUT NO MAN SHOULD ATTEMPT**



## 09 Watch the film *Magic Mike*

Yes, it's quite adorable how excited your girlfriend and all her mates get about Channing Tatum's bumcheeks, but don't ever attempt to get in on the fun yourself. You'll just spend the rest of the evening staring at your own naked body in the mirror as you weep and eat Nutella out of the jar.

## 08

### Flirt your way out of a tricky situation

The flutter of your girlfriend's eyelids can guarantee drinks after last orders and leniency from even the most Stalin-like of traffic wardens. Yet when you try to flirt your way through the barriers after 'losing' your train ticket, you're carted off by British Transport

Police quicker than you can say 'restraining order'. Go figure!

## 07

### Wear 'sexy' undies

Girls have got the whole sexy underwear thing covered, so you can retire your 'lucky' pulling pants and chuck away those novelty 'May contain nuts' boxers while you're at it. Though you can keep the

Homer Simpson tie: a vital weapon in any job hunter's armoury.

## 06

### Cut your own hair

You'll either end up stabbing yourself in the head or looking like the fella from *The Hills Have Eyes* if you try to give your own barnet a trim. Ladyfolk manage such tasks without professionals, YouTube tutorials or trips to A&E.

## 05

### Get naked in front of your mates

Whereas girls can happily parade around their pals in the buff ('Jess, your abs are amazing - is it the Zumba classes?') there's no panic like the horror men experience when the towel slips in the changing rooms.

## 04

### Send NSFW pics of yourself

As the more beautiful sex, women were always going to have a handle on the whole 'selfie' thing. Notice how when a celeb lady's selfies leak, they always look incredible. Yet when it's a bloke, it's normally some pot-bellied politician

with his knob limply dangling like an old party balloon.

## 03

### Twerk

Only 50 per cent of the population can get away with grinding their bottoms to the delight of others. The other half just manage to look like they're trying to shift a bad case of worms. Guess which one you'd be?

## 02

### Wax anything

Not only is it more painful than a million vinegar-tainted paper cuts, but just pause for a moment to think how odd you'd look without hairy legs. Yes, give your bush the odd trim, but stop short of looking like a blow-up sex doll or, even worse, a professional cyclist.

## 01

### Wear a flasher's mac

When women do the whole 'wearing nothing but undies under a coat' thing, it's seen as naughty and kinky. Yet when a fella does it and takes a shortcut through the bushes in the park, the police are called. It's political correctness gone mad!

WORDS: SIMON CUNNINGHAM PHOTOGRAPHY: WARNER BROS

See you next month...



# DRIVEN BY SUCCESS.

**" The Cooper Zeon CS Sport is a serious ultra high performance tyre for serious drivers "**

THE **ACCLAIMED** ULTRA HIGH PERFORMANCE TYRE

## ZEON CS Sport

BETTER WET GRIP, WEAR AND FUEL ECONOMY\*

\*Compared to Cooper Zeon 2XS

When you're looking to test the capability of a high performance tyre who better to ask than a Formula One racing driver? | Former F1 race winner **David Coulthard** is Cooper's European performance tyre ambassador, supplying technical advice, performance insight and expert safety knowledge across our range of car tyres. After recent intensive testing David Coulthard has given a clear endorsement of Cooper's acclaimed ultra high performance tyre – The **Cooper Zeon CS Sport**. | So if your car and driving demands an ultra high performance tyre look to Cooper for the winning formula and fit Cooper Zeon CS Sport.

Find out more at [www.coopertire.co.uk/cs-sport](http://www.coopertire.co.uk/cs-sport)

  [www.coopertire.co.uk](http://www.coopertire.co.uk)

  
**COOPERTIRES**

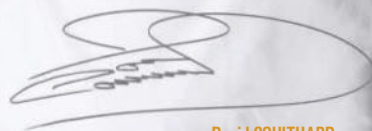
DRIVING ON



HD SILICA TREAD

OPTIMISED FOOTPRINT

A GRADE WET GRIP



**David COULTHARD**  
FORMER F1 RACING DRIVER



A JUST-SHAVED SMOOTH FEELING THAT LASTS.

AND LASTS. AND LASTS. AND LASTS. AND LASTS.

AND YOU GET THE IDEA.



**Fusion**  
**PROGLIDE**  
WITH FLEXBALL TECHNOLOGY  
**#FLEXBALL**

FEEL JUST-SHAVED SMOOTH ALL DAY 

FLEXBALL + GEL WITH SKINCARE

**Gillette**  
THE BEST A MAN CAN GET™